

'Working together across London for people with a visual impairment'

**LVIF E-Bulletin: 11 September 2019**

**Please send articles for inclusion to: [lvif@londonvision.org](mailto:lvif@londonvision.org)**

NB: The views and opinions expressed in this bulletin are those of the contributors. They do not purport to reflect the opinions or views of the LVIF or its members.

**2019 meeting dates are:**

Friday 27 September

Friday 13 December

## **Introduction**

**Welcome to the latest bulletin. We are very much in conference season with the Macular Society and Retina UK holding annual gatherings this month amongst others and of course the next of our own quarterly LVIF meetings is a little over two weeks away. The agenda for the 27 September forum will be available very soon. In this edition I'd like to draw particular attention to a podcast which features a must-hear interview with a guest with a fascinating story to tell. Enjoy the issue.**

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## **NEWS**

## **MEDICAL RESEARCH**

### **Article 1: Gene Therapy for inherited retinal dystrophies on the NHS**

Patients with a rare inherited eye disorder are set to be able to access a new gene therapy on the NHS which slows down sight loss.

Draft NICE guidance recommends the therapy (Luxturna) to treat inherited retinal dystrophies.

The National Institute for Health and Care Excellence estimates just under 90 people in England will be eligible for the treatment.

Drug company Novartis agreed a discount for the NHS on the £613,410 price.

Without the deal, the therapy, voretigene neparvovec, would have breached the regulator's budget impact test.

'Breakthrough therapy'

Inherited retinal dystrophies cause the gradual degeneration of the light-sensitive cells on the retina. They are usually diagnosed in childhood.

The condition causes a loss of vision which ultimately leads to almost total blindness. At the moment, there is no treatment.

People with a mutation of the RPE65 gene will be suitable for the new treatment. The gene should provide the instructions to make a protein that is key to normal vision.

In the gene therapy, a healthy copy of the gene is injected directly into the eye so a working protein can be produced. Patients have to have some functioning retinal cells for it to work.

Research has shown that, in the short term, voretigene neparvovec improves vision and prevents the condition from getting worse.

NICE said there was no long-term clinical evidence but it was "biologically plausible" the treatment's effect would continue for decades.

The draft recommendations are now out for consideration by the company, healthcare professionals and patient groups. If there are no appeals, NICE expects to publish its final guidance next month. The treatment would then become available from January 2020.

Simon Stevens, chief executive of NHS England, said: "Once again the NHS is at the forefront of the genomic revolution with patients in England among the first to benefit from this revolutionary new form of treatment."

Sue Sharp, deputy chief executive at the Royal Society for Blind Children, said: "We see first-hand the devastating effect of childhood sight loss, and so we welcome news of this breakthrough therapy and its impact on the lives of children with inherited retinal dystrophies

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## Article 2: **Research finds VI adults have lower life expectancy**

Life expectancies are higher for people without vision or hearing loss than they are for people who are visually or hearing impaired according to recent research. Researchers from Singapore examined the impact of vision and hearing impairment on the lives of adults living in the country aged 60 or over with and without limitations on physical function and activities. Survey participants were interviewed for the study in 2009, 2011-2012 and 2015. The authors said: 'Timely and appropriate management of vision and hearing impairment, especially when coexisting, among older adults has the potential to reduce the years of life they live with limitation in physical function and in activities of daily living.'

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## Article 3: **Long-term exposure to air pollution could heighten AMD risk**

Taiwanese researchers have highlighted an association between long-term exposure to air pollution from vehicle exhaust and an individual's risk of developing age-related macular degeneration (AMD).

According to scientists those with the highest levels of exposure to vehicle exhaust had an almost doubled risk of developing AMD.

Researchers analysed national health insurance and air quality data in a group of 39,819 people aged 50 and above who lived in either 'highly' or 'moderately' urbanised areas.

Between 1998 and 2010, a total of 1442 people within the study group developed the condition.

Those with the highest levels of exposure to nitrogen dioxide were nearly twice (91%) as likely to develop AMD as those exposed to the lowest levels.

Those exposed to the highest level of carbon dioxide were 84% more likely to develop AMD than those who experienced the lowest levels.

The highest rate of newly diagnosed AMD was among those living in an area with the highest carbon dioxide levels.

Authors of the research said: "Our results indicate the highest quartile of each pollutant could increase the risk of AMD by almost twofold, while the moderate exposure did not contribute to AMD development."

Cathy Yelf from the Macular Society, said: "We already know there are a number of risk factors for developing AMD, such as smoking and diet and these results further highlight why investing in research to find a cure is so important."

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## **STUDIES AND SURVEYS**

### **Article 1: Have your say on transport in east London**

London Vision is still looking for people to share their views on transport issues in the areas of City and Hackney and the London boroughs of Newham and Tower Hamlets. If you couldn't attend the previous consultation meetings, it is not too late to get involved.

You can contact Christine Parr who is leading on this project by either emailing [Christine@drivingmobility.org.uk](mailto:Christine@drivingmobility.org.uk) or by calling 07766904878 and she will be happy to go through the questions with you and take down details of your experiences and suggestions. You can find out more below.

Christine Parr has been funded by the Department for Transport to complete a 6 month project to find out the mobility needs and access issues of people living in the boroughs of Tower Hamlets, Newham and Hackney. As part of this she is hoping to hear from people about their transport experiences and suggestions for the future.

London Vision are facilitating consultations to help engage with members who can share their views and have an input into services in their local borough.

The results will influence what sort of support service will be put in place in the area, therefore people's experiences, opinions and ideas are extremely welcomed.

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### Article 2: **Moorfields patient consultation event**

Moorfields is running a patient engagement event to find out how they can improve communication with visually impaired patients.

Date: Tuesday 24 September, 2-4pm.

Please come along and share your thoughts on getting in contact with us, how we communicate information about your appointments, and any other thoughts you have.

If you would like to attend, please register your interest by Tuesday 17 September by contacting Victoria on 020 7253 3411 ext 6300, or by email: [victoria.olatokun1@nhs.net](mailto:victoria.olatokun1@nhs.net)

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### Article 3: **Consultation on tactile paving**

London Vision's Engagement Manager, Bhavini Makwana is looking for participants who would like to respond to a consultation regarding

accessible tactile paving for blind and partially sighted people in the Wembley Park area.

Olympic Way provides the centreline of the Wembley Park Masterplan as well as the principal access between Wembley Park station and the Wembley Stadium, Wembley Arena, the London Designer Outlet, Wembley High Road, and Wembley Stadium Station and Wembley Central Station. It is therefore a key pedestrian and cycle route.

In order to reflect the materials pallet used on Olympic Way, as with many crossings throughout London, the design included the use of non-standard tactile paving on the controlled crossing, replacing the standard pink tactile paving with black paving with red plastic raised studs. This non-standard material now needs to be tested to ensure the colour contrast is sufficient to provide a visual warning to visually impaired pedestrians that they are approaching a controlled crossing.

A date has yet to be confirmed on when the consultation will take place, but if you are interested in giving your feedback to the designers of this project and are available on either of the following dates, please contact Bhavini Makwana on 07976 448824 or email [bhavini.makwana@londonvision.org](mailto:bhavini.makwana@londonvision.org)

#### Proposed Dates

Thursday 19 September 2019 - AM

Tuesday 24 September 2019 - AM

Tuesday 1 October 2019 - PM

Wednesday 2 October 2019 – AM

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## **CHARITIES AND CAMPAIGNS**

### Article 1: New picture book to promote better eye health

Adults with learning disabilities are 10 times more likely to have serious sight problems than other people, yet research shows that 50% of adults with learning disabilities haven't had a sight test for at least two years. Most will need extra support to recognise and report changes in their vision, and also to access the eye care services to which they are

entitled. For this reason, publishing charity Beyond Words and disability and sight loss charity SeeAbility, have teamed up to launch a new resource, carefully designed to open up conversations, improve awareness and understanding, and support informed decision-making around eye health.

The wordless story, *Looking After My Eyes*, raises awareness of the importance of regular eye tests and everyone's right to good quality eye care that meets their own particular needs. It demonstrates the reasonable adjustments that eye care service providers are legally required to make to ensure their services are accessible.

*Looking After My Eyes* tells a story completely through pictures which anyone can follow, whether or not they can read words. The pictures follow the journeys of two characters – one who gets her first pair of glasses and a second who undergoes surgery for cataracts.

Professional best practice is demonstrated throughout and the characters' emotional responses to their experiences are central to the story. Supplementary text at the end of the book gives useful background information on eye health and eye care, and signposts other relevant resources.

Over 18 months of research and development, authors Baroness Sheila Hollins (*Beyond Words*), Stephen Kill (*SeeAbility*), Scott Watkin BEM (*SeeAbility*) and Prof. Margaret Woodhouse (Cardiff University) worked together with artist Beth Webb, advisors with learning disabilities, their supporters and other eye care professionals to create the book.

Throughout the development process, feedback was sought from over 70 adults with learning disabilities so that their ideas and experiences could be incorporated into the pictures.

The book is printed in a larger landscape format to make it easier to see and can be used to prepare someone before having an eye test, hospital visit or operation. It can also be used to help someone to understand the adaptations that are available for people with sight problems. Eye care professionals will find it an invaluable communication tool during consultations and before treatments.

Scott Watkin BEM, Head of Engagement at SeeAbility said: "No one is too disabled to have a sight test and no one should have to live with vision problems. It took me a long time to find the support I need but this book will help more people with learning disabilities get the right support in time."

The book was launched at the Beyond Words 30-year anniversary event on 3 September at the House of Lords.

About the book

Title: Looking After My Eyes

Authors: Sheila Hollins, Stephen Kill, Scott Watkin, Maggie Woodhouse

Illustrator: Beth Webb

ISBN: 978-1-78458-110-7 (paperback)

Price: £10 (paperback) £4.95 (eBook)

Purchase link:

<https://booksbeyondwords.co.uk/bookshop/paperbacks/looking-after-my-eyes>

For more information, contact Nick Wright, Chief Executive, Beyond Words.

Tel: 020 7492 2559      E-mail: [nwright@booksbeyondwords.co.uk](mailto:nwright@booksbeyondwords.co.uk)

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## Article 2: **LOOK mentoring scheme**

Peer mentoring can make a huge difference to people with a visual impairment. Look are building a culture of structured and safe community support, and empowering peer mentors to draw on their own experience to help guide others.

If you're aged 11-29 and at school, university / college or looking for work, we have a mentor ready to help you achieve your potential. Sign up to be matched to a mentor, and start chatting about anything relating to your visual impairment.

We can also link to other charities and organisations who can help you access the support you need.

Read the full details on the [Look Website](#)

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## Article 3: **Vision Really Matters - National Eye Health Week 2019**

Vision Really Matters

23– 29 September 2019

Mile End Hospital between 10 am and 3 pm – Main Entrance, Bancroft Road, London E1 4DG.

This week we are promoting the importance of eye health and the need for regular sight tests.

Come and meet the Sight and Hearing Service, local community opticians, Diabetic Eye Screening Team, Moorfields Eye Hospital and London Vision for more information.

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#### Article 4: **Extant seeks new assistant administrator**

Assistant Administrator – 14 hours per week £22,000 Pro Rata

Extant is looking for a can-do, enthusiastic and organised person to support the administrative functions of our theatre company, which is currently undergoing an exciting period of transformation.

Our new Assistant Administrator will support our theatre company by providing office based support in the following areas:

- Fundraising administration
- Supporting our board of trustees
- Supporting relationships with freelancers and volunteers
- Marketing and communication
- Financial administration

For the job description, person specification and more information on how to apply please see our website:

[http://extant.org.uk/news/extant\\_is\\_hiring\\_an\\_assistant\\_administrator](http://extant.org.uk/news/extant_is_hiring_an_assistant_administrator)

Application deadline 5pm on 16 September 2019

Interviews will be held 3 October 2019

For more information contact Rhianne Rowson, Extant Company Administrator on 020 7820 3737

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#### Article 5: **Jobs for young people with learning disabilities**

An innovative partnership is transforming the lives of young people with learning disabilities in London.

A partnership between Moorfields Eye Hospital NHS Foundation Trust and DFN Project SEARCH which aims to help young people with learning disabilities find full-time employment has seen its first students graduate.

The London-based hospital began working with the project in September last year by providing a one-year transition to work programme for young people with learning disabilities in their final year of school or college.

The programme is supported by Kaleidoscope Sabre, City & Islington College, London Borough of Islington Council and Move Forward, and sees students based at the eye hospital full-time. Over the course of a year, interns work in three departments and gain 800 hours of experience.

Read more on the [AOP website](#)

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## **OTHER NEWS**

### **Article 1: Poaching staff to close the disability employment gap**

Beco encourages companies to steal its staff to close the disability employment gap

Social enterprise Beco has worked with TBWA/London to draw attention to the disability employment gap with the debut of a packaging takeover featuring employees it wants other companies to "steal". #StealOurStaff invites British firms to take advantage of its skilled workforce by providing recruitment opportunities to its employees, 80% of whom are visually impaired, disabled or disadvantaged. At issue is the Disability Employment Gap, a gulf in recruitment rates driven by bias against people with disabilities which it is hoped can be narrowed by promoting the CVs of disabled individuals more widely. Major brands including Boots, Waitrose and Sainsbury's will lend a hand in these efforts by stocking Beco-produced toiletries conveying the skills of its workforce. This passive messaging will dovetail with a more forthright open letter to employers challenging them to update outdated hiring practices. Beco founder, Camilla Marcus-Dew, said: "We shouldn't be the only business that gives jobs to people with disabilities. That's why we're on a mission to promote members of our amazing team to other employers in the hope that our talent will find new jobs and make way for Beco's next generation of workers with disabilities." For the duration of the campaign, Beco's website will double as a recruitment portal with detailed

information and guides for anyone interested in poaching its people in pursuit of equality.

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## Article 2: **Teenager loses sight as eating disorder leads to malnutrition**

The family of a teenager from Bristol, who suffered irreversible eyesight loss after surviving on a diet of chips, white bread and processed snacks and meat have spoken of their heartache. The teenager, now 19, has been a fussy eater from an early age and cannot tolerate the texture of fruit and vegetables. His poor diet caused him to suffer from nutritional optic neuropathy, which is treatable if diagnosed early. In his case, fibres in his optic nerve have been so badly damaged that the harm to his sight has been judged to be permanent. Speaking anonymously, the teenager's mother said he could not find work and had had to abandon a college course in IT. She said her son became a fussy eater when he was about seven and would only eat chips, crisps, sausages, processed ham and white bread. "The first we knew about it was when he began coming home from primary school with his packed lunch untouched," she said. "I would make him nice sandwiches – and put an apple or other fruit in – and he wouldn't eat any of it. His teachers became concerned, too. "His brother and sister have never stopped eating. They love everything. He has always been skinny, so we had no weight concerns. You hear about junk food and obesity all the time – but he was as thin as a rake."

© The Guardian, September

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## Article 3: **Government review into support for children with SEND**

The government has just announced a [major new review](#) into support for children and young people with Special Educational Needs and Disabilities (SEND). The review is designed to improve services for disabled children and young people and their families.

The review aims to evaluate the impact of these reforms, and to identify improvements. Too often disabled children and those with SEND face

significant local variations in accessing the vital support they rely on. The Government has stated that the review will be followed up by action to improve children's' outcomes and increase capacity in the system.

Read the comments from the [Council for Disabled Children here](#)

Read the full information on the [Department for Education site](#)

© Council for disabled children, September 2019

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#### Article 4: **House of Commons Report on Pavement Parking**

The Transport Select Committee is a cross-party group of MPs in the House of Commons who scrutinise the work of the Department for Transport.

They recommend a ban on pavement parking across England and an awareness campaign about the negative impacts of pavement parking.

Read the [full report here](#)

Vision UK support this call and the work of our members which brought this about, particularly Guide Dogs and the RNIB.

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## **EVENTS**

### **1: Let's Talk Tech** 12 September 2019

London Vision is delighted to present the second event in its new networking project for blind and partially sighted people of working age who live in South West London.

Following on from our first event last June which took place in

Wandsworth, September sees the turn of Croydon Vision to host the forum.

Computers and information technology are a crucial part of the modern workplace, and especially for blind and partially sighted employees. Furthermore, advances in IT have introduced great opportunities for blind and partially sighted people to find ways around many day-to-day challenges and this is set to continue with exciting potential.

In our second South-West London Working Age Forum, we invite you to come and find out more about the range of tech that is out there and to tell others what equipment and software you use and how it has helped you in your working life. It is also a chance to find out if any of your peers has the solution to an on-going problem that you may have.

Tell us your story: what has worked for you, what has your tech enabled you to do, what problems has it helped you to solve whether it be screen readers, magnification, or Braille displays. Or, Maybe you have experience of using apps for orientation, journey planning, print scanning, sighted assistance or anything else.

Date: 12 September 2019

Time: 6 to 8pm

Venue: Croydon Vision, Bedford Hall, 72-74 Wellesley Road, Croydon CR0 2AR

Refreshments provided.

RSVP to [waf.london@londonvision.org](mailto:waf.london@londonvision.org)

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## **2: Inclusive Football Talent Day**

For boys and girls aged 7 to 16 of various disabilities including visual impairments.

Sunday 15 September from 11am-2pm

Hampton school, Hanworth Road, Hampton, Middlesex, TW12 3HD

For more information contact Colin Williams at

Ccolin.williams@middlesexfa.com

Call 0208 515 1920 or 07739 978637.

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### **3: Coffee and Conversation at Oxford Street's John Lewis**

A New Coffee and Conversation Group for  
People with Vision Impairment

When: The first and third Tuesday of every month from 9.45am to  
10.45am

Where: John Lewis Department Store, Oxford Street, Benugo Coffee  
Shop on second floor

Facilitated by: John Osborne

Next meeting Tuesday 17 September 2019

The group is open to anyone with a visual impairment and not only those  
based in West London.

For further information please contact:

Bhavini Makwana (Engagement Manager)

bhavini.makwana@londonvision.org

mobile - 07976 448824

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### **4: Sir Henry Tate and the origins of the collection, an AD Tour**

Millbank Mondays

Monday 16th September 2019 11.00am – 12.15pm Tate Britain, meeting

Point: The Uncommon Space

Sir Henry Tate and the origins of the Tate collection

Join us for a description of how Sir Henry Tate founded and curated the  
original Tate Gallery at the end of the 19th Century. We will describe  
paintings from his original hang and we will also be able to touch two  
bronze sculptures wearing gloves which will be provided.

Audio Describers: Gill Cutbill and Marcus Dickey Horley

Please arrive at any time between 10.15 – 10.50. Hosts will be at the  
doors when you arrive to guide you to the meeting point. Tea, coffee and  
pastries will be served. Lightweight gallery chairs and earphones for  
additional hearing support will be available. Dogs are of course  
welcome.

Admission is free and there is no need to book to attend, just come  
along.

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## 5: Low Vision Drop-in Day in Merton

Explore the latest products and technologies for blind and partially sighted people

Date: Tuesday 17 September

Time: 10:00am - 2:30pm

Venue: MertonVision, The Guardian Centre, 67 Clarendon Road, Colliers Wood, London SW19 2DX

For more information call Dolphin Computer Access:  
01905 754 577

Come and meet:

- Optelec
- Dolphin Computer Access
- Enhanced Vision
- Macular Society
- Guide Dogs
- Blind Veterans UK.

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## 6: Working Age Forum presents Naqi Rizvi

London Vision is proud to present WAF member Naqi Rizvi at our September event. Naqi Rizvi is an engineer by qualification, a banker by profession and a sportsman by passion. Come along and hear Naqi talk about his many and varied experiences and the part that perseverance and a positive attitude continues to play in his working life and beyond.

**When:** Thursday 19 September 6pm – 8pm

**Where:** Pocklington Hub, Tavistock House South (entrance D), Tavistock Square, London WC1H 9LG

We can offer assistance from Euston station for those who request it, to reserve your place for the event please email:

[waf.london@londonvision.org](mailto:waf.london@londonvision.org)

Please RSVP no later than Thursday 12 September.

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## **7: Macular Society Annual Conference 2019**

Saturday 21 September 2019

Leonardo Royal Hotel London Tower Bridge, 45 Prescott Street, London, E1 8GP

With sessions specifically for those with age-related macular degeneration (AMD) and another for those with inherited retinal diseases and of working age, this one-day conference has something for everyone.

- Find out the latest on treatments and research from leading experts
- Hear practical advice for living with the condition
- Try out low vision equipment, technology and services at our exhibition
- Meet with others who have your condition and share experiences of living with macular disease
- Staff and volunteers are on hand throughout the day to answer any questions you have
- New for 2019: friends and family visual awareness workshop.

AMD session agenda, inherited retinal diseases and working age session agenda

Tickets cost £24 per person and include refreshments on arrival and a sandwich lunch.

Our Members' Annual General Meeting follows the conference at 4.00pm.

Call 01264 350 551. Please note that the AMD session is now SOLD OUT but do call to be put on the waiting list.

New for 2019

This year we're also running a visual awareness workshop for family and friends. This interactive session, at 2.30pm, is designed to give people a better understanding of what it's like to have macular disease and share some hints and tips for being a carer. No need to book.

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## **8: Audio-Described Tours for Open House 2019**

Saturday 21 and Sunday 22 September 2019

Open House London celebrates all that is best about the capital's buildings, places and neighbourhoods. Every September, it gives a unique opportunity to get out and under the skin of London's amazing architecture, with buildings of all kinds opening their doors to everyone - all for free.

This year, VocalEyes will provide four audio-described guided tours for Open House London 2019:

Society of Antiquaries of London, at Burlington House. The oldest independent society in the UK focused on the study of the past.  
Saturday 21 September, 10 am

Zayed Centre, at Guilford Street, next to Great Ormond Street Hospital for Children. A newly-opened building hosting research into rare disease in children.  
Saturday 21 September, 2 pm

The Charterhouse, in Farringdon. Once a monastery, Tudor mansion and boy's school, and today an almshouse and museum.  
Sunday 22 September, 10 am

Aga Khan Centre, in King's Cross. A new centre for learning about Muslim cultures where you will discover architecture, art and gardens inspired by the Islamic world.  
Sunday 22 September, 2 pm

For more information and to book email [enquiries@vocaleyeyes.co.uk](mailto:enquiries@vocaleyeyes.co.uk) or call the office on 020 7375 1043 and leave your details.

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## **9: Seeing is Believing in Bexley**

Seeing is believing – 25 September  
A free interactive exhibition of services for people with sight loss or anyone just wishing to keep their eyes healthy.

Where: The Holy Redeemer Church, 64 Days Lane Sidcup, DA15 8JR

At this event you'll be able to:

- Talk to an expert about your eye drops
- Explore the latest technology for people with sight loss
- Learn about what guide dogs offer
- Meet the Macular Society and International Glaucoma Association
- Chat to Inspire Community Trust and London Vision about living with sight loss
- Trial sports for blind and partially sighted people with Metro Blind Sport – tennis, cricket, martial arts and more
- Meet the team from Holy Redeemer and learn what they can offer

Exhibition opens 10am - closes 3pm

Sporting events 12.30pm - closes 4.30pm

Refreshments available

If you would like to know more, please contact [info@londonvision.org.uk](mailto:info@londonvision.org.uk) or call 0203 7613651

Parking is on street but may be limited

The venue is well served by buses

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## **10: Horse Riding in Teddington**

Have a go afternoon! 29 September

Free horse riding sessions for blind and partially sighted people. Ideal for beginners with qualified RDA friendly instructors.

- Venue: Park Lane Stables, Park Lane, Teddington TW11 0HY
- Date: 29 September Times: 2pm, 3pm, 4pm. 1 hour Sessions
- Booking: Sessions must be booked in advance Cost: Free
- Contact: [charlie.raven@metroblindsport.org](mailto:charlie.raven@metroblindsport.org) or 07956 292 046

Meet and Greet: available from the nearest station (Teddington)

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**And finally... The Phil & Simon Show Meets Caroline Casey**

The Phil & Simon Show - Latest Podcast is now available. This edition features an interview with visually impaired campaigner Caroline Casey.

Caroline Casey is an engaging and emotive speaker. She's done a TED Talk, spoken at Davos and her current project is to get 500 global companies to sign a pledge to discuss disability in the boardroom.

We start by exploring her remarkable childhood, where her parents didn't tell her that she had sight loss. She explains how the Johnny Cash song, 'A Boy Named Sue' influenced this thinking.

Having a great memory and the ability to listen meant Caroline not only got by but got on. Then as a young adult, as she was about to have a driving lesson, she realised something was amiss. A later attempt to learn to drive stopped abruptly when she not only couldn't read the number plate, she couldn't identify the car.

After the realisation, rather than explore this identity, she decided to hide it herself and spent a further 11 years pretending nothing was different, a period she calls 'the fraudulent years'. When applying for a job and asked to complete a monitoring form she'd hesitate and eventually lightly graze the tick box, in pencil, showing her confusion.

Finally, at 28 years old, she says she 'came out of the disability closet' and embraced her full self although acknowledges, she's still working on accepting it - asking for help is one of the toughest things for her to do and she sees this inability as a weakness.

Her latest campaign is Valuable 500, and she gives us an update with an impending deadline. If 56% of board meeting agendas have never mentioned disability, 7% of board-level employees have an impairment and 80% of those hide the fact, there's some work to do.

There are a few mild swear words, just to let you know.

Transcription is available on request.

Click here for the Itunes link <https://apple.co/2SO6GSV>  
or for the audioboom version click here  
<http://bit.ly/2ZoPIQT>

If you have any comments, feedback or suggestions, please email us at [philandsimonshow@gmail.com](mailto:philandsimonshow@gmail.com). We hope you enjoy it.

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Supporting blind and partially sighted people who live, work and study in London

End of Bulletin