

WELCOME TO THE 2019

In Sight

The Magazine of Friends of Bristol Eye Hospital

MESSAGE FROM CHAIRMAN RICHARD MARKHAM

I've been delighted to have served as Chairman for another year – and it's been another highly successful year as well, in which the Friends have continued to raise funds.

Since the Friends began just over 42 years ago we have raised £1.6 million!

This has enabled the Friends to make a huge difference to the hospital, both in terms of equipment as well as to provide improved facilities for both patients and staff that would not have been covered by the NHS's ever-increasing demands.

Having spent many years as an ophthalmic surgeon at the hospital, as well as being a previous Clinical Director, I know just how much difference the Friends' work makes to us all.

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SEE PAGE 3 TO FIND OUT HOW YOU CAN HELP THE FRIENDS

DID YOU KNOW?

Nearly 500 people a week visit the eye hospital's emergency department - 97% are treated & discharged in under 4 hours

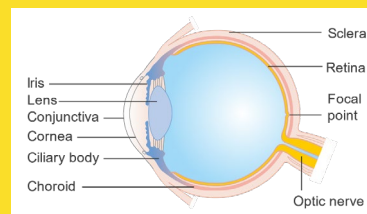
Almost 2,800 people attend the hospital's out-patient department every week

The Bristol Eye Hospital was founded in 1808 - 140 years before the National Health Service!

Over 4,000 cataracts and 3,500 other surgical cases were dealt with last year



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Chairman Richard Markham's message continued from page 1...

More details of some of the specific help that has been provided are included below, but I must just say here, on behalf of all my colleagues at the Eye Hospital – and the thousands of patients we successfully treat every year – a big THANK YOU!

This is my opportunity to say a huge thank you to members of the Friends as well as individual members of the public and various organisations who have donated money to support us.

It's also my opportunity to say thank you to the trustees and advisors; and here I must say a particular thank you to Dinah Harrison, our secretary and Simon St Leger-Harris our treasurer. Thanks also to Kevin Abbey, our Honorary Publicity Officer who has produced this new-look edition of In Sight. The contribution they make is just fantastic!

So, as we move into 2019 let's hope the charity will continue to grow and be able to provide even more valuable and greatly needed support to the work of the hospital.

GRANTS THE FRIENDS HAVE MADE TO THE EYE HOSPITAL SINCE APRIL 2017

Since our last issue of In Sight in April 2017 the Trustees have paid out 25 grants totalling £67,771 to benefit patients and staff. They included:

- 80 new chairs, including some bariatric ones, for patients in the Theatre Lounge, Gloucester Ward, Victoria Ward and the clinic waiting areas: **£16,819**
- An IT server to speed up recall of patients' images for diagnosis, monitoring & assessment: **£11,263**
- Renovation of the operating theatre staff kitchen: **£8,091**
- Two Icare PRO tonometers for use with children and infirm patients to check for raised intraocular pressure in a manner that is less invasive and stressful to patients. Ophthalmologists use these portable instruments with patients at other hospitals like the Children's Hospital or the BRI so that patients do not have to go through the trauma and stress of a transfer: **£7,450**
- Training aids for the Eye Clinic Liaison team to show blind or severely sight-impaired patients what devices are available to help with everyday practical tasks: **£1,658**
- 150 AutoDrop dispensers for the Eye Clinic Liaison team to offer to patients (partly funded by the Burges Salmon Charitable Trust): **£540**
- A portable Slit Lamp for examining patients with limited mobility or wheelchair users: **£4,060**
- Refurbishment of Virtual Clinic Suite in Queen Anne Building: **£3,808**
- Motorised wheelchair to help transport patients between BEH and the BRI: **£2,008**
- New Mural on Level 3: **£1,332**
- Lockers for staff in Victoria Ward: **£1,243**
- Ophthalmic patient assessment chair: **£1,208**
- Water coolers for staff in the Queen Anne Building and Medical Records Department: **£864**
- 3 laptops to help vision-testing of children with special needs: **£690**

We also continue to fund the maintenance of St Odilia's Garden (for patients) and the Robert Dickson Memorial Garden (for staff), the aquarium in the paediatric department and indoor plants, provided since 1998. We are grateful to former trustee Marie Mackle who continues to look after the gardens with the help of volunteers from the Henleaze Garden Club, notably Chairman Andrew Harrison.

We have approved a further 20 grants for items worth a total of over £120,000 which are in various stages of ordering or installation, but which we have not yet paid. They include a new electronic patient call system and a project to review how best to support patients suffering from keratoconus whose condition is too far advanced for them to benefit from crosslinking treatment. These grants are subject to change and we will report fully on these in our next issue.

THANKS TO...

The work of the Friends would not be possible without the help of the many people who raise money, make donations or leave legacies.

Unfortunately, we can't thank them all, especially as some prefer to remain anonymous, but here's a selection.

We received very generous donations in memory of **Audrey Adams, Anne Brown, June Dilleigh, Margaret Hoskins, Bryan McAuliffe, Brian Parsons, John Ransom, Octavia Roberts and Jacque Tipler.**



American Women Abroad present cheque to Chairman Richard Markham & Consultant Ophthalmologist Cathy Williams

Nick Perfitt wrote: "In September 2017 I had a torn retina that was repaired by the hospital. The treatment I received was topline... my daughter and I did a bike ride to Lands End and back, 496 miles and 32,000 feet of climb." and raised £1,800 for Sightsavers International and £319 for the Friends.

Georgina Jefferies organised an 'Evening of Magic' at Butcombe Village Hall raising £947 for the Friends.

Bob Rylands and Betty Marten, both long-standing members, give us the proceeds from sales of their paintings.

Sidath Liyanage, one of the Eye Hospital's Consultants, donated the expenses he received for carrying out medical reports for the police.

David Speller sent a donation and an email congratulating the Friends on our 'excellent, full and helpful website.'

Ann Parsons presented **Eye Clinic Liaison Officer Laura Trigger** with a cheque representing donations given in memory of her husband Brian, a long-term patient who "always sang your praises because of the wonderful care you gave to him."

Backwell and Nailsea Macular Society gave a donation in appreciation of a talk given by our secretary **Dinah Harrison** about the work of the Friends.

We also thank **the Estate of John Porter Ball, the Dyers Company Charitable Trust, the Needham Cooper Trust and Nigel Lovell.**

The '**American Women Abroad**' made us the Charity of the Year in 2017 and the £1,000 went towards the cost of a Portable Slit Lamp.

M.R. Laxon made a donation saying that the treatment was "First rate".

Tony Wooldridge of Dursley Running Club raised £1,035 (including Gift Aid) by running the London Marathon in 3h 24m 52s in April 2017. He said "I'm very pleased to have had the experience and to raise some money for the Friends."



The Evening of Magic at Butcombe Village Hall

HOW YOU CAN HELP THE FRIENDS HELP THE HOSPITAL

Make a donation – no matter how big or small, every penny helps! Ask the hospital's reception desk for a donation form – or look online at www.fbeh.org

Bequests from grateful patients are a major source of income for us – A bequest to a registered charity can have tax benefits for your estate - ask your solicitor for advice.

Fund raising with friends or in the work place – why not organise a coffee morning, bring and buy sale quiz night, cake sales, open garden day, charity auction, plant sale, sponsored walk, non-uniform day.

OR for the more adventurous – skydive, abseil, marathon run, zip wire, tug-of-war, bungee jump or cycle ride.

FROM OUR POSTBAG

A BRAVE BOY – AND HEARTFELT THANKS FROM HIS MUM!

Noah was born with a congenital cataract caused by Persistent Fetal Vasculature (PFV). It can happen around the seventh month of pregnancy and affects one in every 10,000 babies. Noah's problem was discovered at St Michael's Hospital during routine newborn checks, as it was found that he had no red-light reflex in his left eye.

A doctor from the Eye Hospital saw Noah that day and we were told then and there what the options were to give him the best chance of getting the eye to work. We had a line of midwives asking if they could come and have a look as they hadn't ever seen a cataract in a baby.

At six weeks old Noah had an operation to remove the cataract and the remaining stalks that cause PFV; carried out by Consultant Mr Markham and his team. A week later Noah was fitted with a contact lens and we started patching his right eye to try and stimulate the brain into using the left one.

Surgery

He had around five lots of surgery before his first birthday, including the insertion of an Intraocular lens as unfortunately he was allergic to contact lenses and had repeated bouts of conjunctivitis, something that made patching really difficult. By the time he was 18 months old we had come to realise that there was no actual vision in his left eye and only a tiny amount of light perception, so we made the decision to stop patching and concentrate on his being able to use his other eye.

Now, at the age of seven he has amazing coordination and

his accuracy for throwing and catching a ball is excellent (we call it his sniper sight!). He still has regular eye hospital visits as unfortunately he suffers with secondary glaucoma. He has had one cyclodiode/laser treatment which successfully reduced the pressure in one eye for a while (until a bump at the skatepark caused it to bleed) but he is now on just a once-a-day drop and the pressure in that eye is really good. Whilst he has no vision to lose in his left eye we don't want him to be in any pain either, so he is closely monitored.

Future

It's hard work having a child that is in hospital so much, particularly as we also have three older boys. We have no idea what the future holds. One day he might want cosmetic surgery (a lens can be painted to look like the other eye) as his eyes look very different but right now Noah is very content having eyes of two different colours.

It's been very difficult at times, trying to enjoy a new baby yet being in hospital three or four times a week.

It's definitely something that is not ideal, but we are so grateful that we have a dedicated Eye Hospital virtually on our doorstep that gave him the best chance he could have had. I am in contact with others around the world with congenital cataracts and/or glaucoma, some of whom have to travel many miles, sometimes even days to see a doctor.

I really cannot thank everyone at the Bristol Eye Hospital enough.

Louise Summers

THANK YOU FOR THE TREATMENT MY BROTHER RECEIVED

My brother Anthony Maggs had a detached retina and was sent to Bristol Eye Hospital with an emergency letter from his opticians in Caerphilly in South Wales, asking for him to be seen within 24 hours.

We arrived in Bristol at 6am the following morning and he spent the day in the BEH. He had to stay in overnight, which was probably because we lived so far away it would have meant a long car journey that may have undone the treatment carried out during the operation.

Fabulous

My brother said they did a fabulous job with his eye and saved his sight and he could not fault them!

He had previously had problems with his eye, having been blind at birth with a cataract on the inner lens, and later paid to have a 'private' operation to give him some field vision. Although he would never have had 100% vision, what he had was priceless.

So, if it wasn't for the professional work and care he received at the BEH his retina would have gone and he would have lost his sight.

Thank you, Bristol Eye Hospital!

Mandy Chick, Anthony's sister

Few people are aware that BEH take emergency patients - for example those suffering with detached retinas, which if not treated very quickly can result in sight loss - from as far away as Devon and Cornwall and many parts of South Wales.



A VERY SPECIAL GIFT

In October 2017 I had an appointment at Bristol Eye Hospital at the Cornea Clinic. I saw two consultants, Mr Gunn & Mr Darcy, who both agreed that something could be done to help me and offered me a cornea graft in my right eye.

I was born with eye problems & was first a patient at Bristol Eye Hospital 75 years ago aged 5. I received treatment which helped my condition a little but at the age of 7 was registered blind and sent to board at Bristol School for the Blind. In 1947 I went to Chorleywood College for partially sighted and blind girls, in Hertfordshire, where I remained until the age of 16 and gained five "0" levels. All my education was taught and written in Braille. During this time further

treatment at the Middlesex Eye Hospital helped a great deal. My eyes gradually improved and I was taken off the Blind register at 16. I was able to obtain a driving licence in my early 20s and lived a reasonably normal life with the aid of glasses. I worked for my father's business in the office until my marriage in 1959.

It wasn't until my 70s that my sight began to deteriorate again and gradually day to day life became more difficult. When I was offered the corneal graft I jumped at the chance.

Apprehensive

I went to Bristol Eye Hospital in January 2018 feeling somewhat apprehensive, but was immediately made to feel more relaxed by the kind, caring professional attention I received from all the doctors and nurses. The operation took place in the morning and by the evening I was sitting up eating a bowl of soup

and a sandwich with no pain or discomfort in my eye at all! The next day when the bandage was taken off I could see amazingly clearly with my right eye.....I could not believe it, after all the years of partial sight.

Wonderful

I cannot speak highly enough of the way I was treated at BEH. It is a wonderful NHS hospital. The staff gave me their utmost skill and gentle care with every consideration. This operation has changed my life. Life is good!

The author, who wishes to remain anonymous, is a generous supporter of the Friends and kindly gave us permission to publish her story. She wrote it for her surgeons to pass to the family of the donor of the cornea, whom it was her one wish to be able to thank.

BRENDA FEARN

We are sad to report the death, on 18th January 2019, of Brenda Fearn, formerly Sister in charge of Day-Case Cataract Surgery, Day-Case Children's Surgery and Pre-Op Assessment, whom we are sure many patients will remember. Her career in nursing spanned 48 years of which the last 15 were at Bristol Eye Hospital. In the early nineties Brenda and her staff pioneered the practice of pre-op assessment; Brenda also initiated hostel beds on King Ward for day-case patients who lived alone - in those days, they

were not allowed home on the day of their operation.

"...always put patients first and was a joy to work with"

Upon her retirement in 2001 she became a trustee of the Friends of Bristol Eye Hospital and served enthusiastically without a break until ill health obliged her to stand down in 2016. Her professional advice, compassion and common sense were appreciated by her fellow trustees and she was

much loved and respected by all her colleagues. Consultant Ophthalmologist Cathy Williams says "I have been fond of Brenda ever since my first days as a very junior doctor when she was Sister Fearn and ruled the roost on the wards! She was unfailingly helpful, knowledgeable and funny. She always put patients first and was a joy to work with. I learnt a great deal from her and am one of the many people who will miss her friendship."

HOW MUCH DO YOU KNOW ABOUT THE EYE?

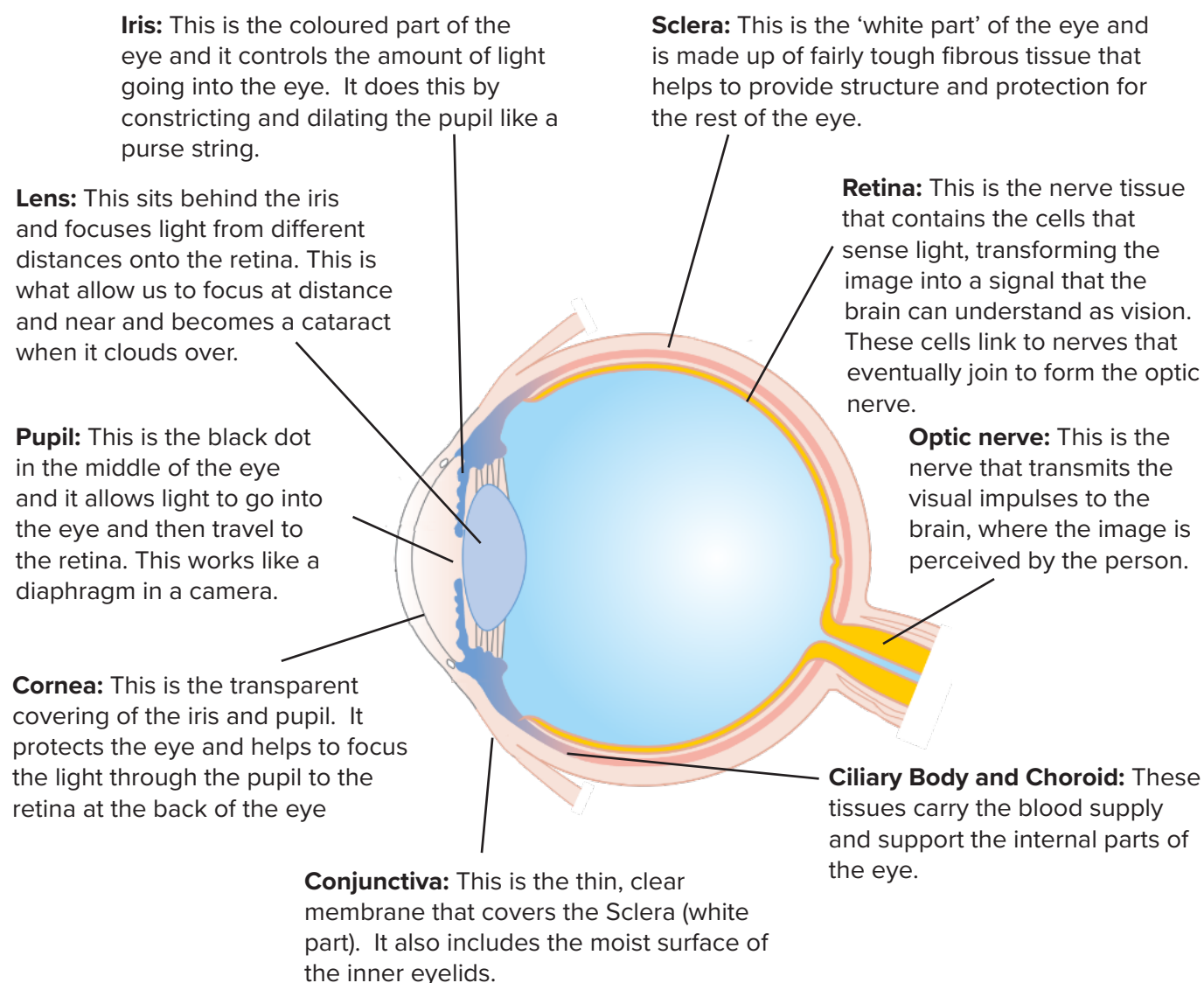
The parts of the eye and their function

Friends of Bristol Eye Hospital are always grateful to our supporters who so generously donate their money and time to enable us to help the hospital and its great team of staff.

However, sometimes even those of us who have benefitted from the wonderful service the hospital provides may not fully understand how the eye works!

So, with the help of Consultant Ophthalmologist Johannes Keller we have put together this brief glossary of the key parts of the eye and explained what they are for.

The human eye works like a camera with two components: an optical part and a light sensing part. It's made up of the:



And of course, covering them all – **The Eyelid:** This protects the eye from foreign bodies going in and helps to prevent injury. Also, blinking helps to provide lubrication for the eye to nurture the cornea and prevent it from drying out.

BEST FOODS FOR GOOD EYE HEALTH

Nutritionist Victoria Kubiak takes a look at good foods for the eyes

Much of maintaining health it is to do with nutrients. One piece of research appeared to show that a diet containing good levels of zinc, copper, Vitamin C, E and beta carotene may reduce the risk of age-related macular degeneration by up to 25% as well as being helpful in lowering the risk of getting cataracts. Also shown to be very helpful were omega-3 fatty acids, lutein and zeaxanthin. Of course, all of these are good for overall health as well.

But what are the best foods to eat to obtain these nutrients?

VEGETABLES: Green leafy vegetables such as kale, spinach and cabbage and of course carrots (we were all told as children that carrots will help us to see in the dark!) Not exactly the case but carrots are a good source of beta-carotene and vitamin A, both of which are beneficial for good eye health. Sweet potatoes are another healthy option.



FRUITS: particularly dark red berries such as blueberries, blackberries and mulberries. Also citrus fruits particularly oranges. Eat the fruits themselves rather than fruit juices

FISH: Highly recommended are oily fish such as salmon, mackerel, trout, sardines, herrings and anchovies. And we mustn't forget shellfish. Oysters are an excellent source of zinc – just two provide an adult's daily zinc requirements!

MEAT: This can be a good source of zinc, particularly grass-fed animals such as venison, lamb and Aberdeen angus. Free range (outside) chicken is also recommended.

BEANS, PULSES & NUTS: Beans of all colours and pulses such as chickpeas, lentils help provide a healthy diet. Each type of nut has a different nutritional profile so variety is important. Brazils, cashews, almonds and pistachios are excellent. Pistachio nuts can be particularly helpful for health of the eyes, because they contain so many antioxidants. In particular, lutein and zeaxanthin, found in pistachios, have been shown to be very relevant to eye health, reducing the chance of developing eye conditions such as cataracts and macular degeneration (known as AMD).

SEEDS: They have always been shown to have good health-giving properties, either much them or include a range of nut and seed butters in your diet or include them ground and stirred into sauces and the like.



EGGS: Always recommended as part of a well-balanced diet – and avocados are rich in healthy fats.

FLUIDS: It may sound rather obvious, but drinking plenty of fluids, water in particular, is so important for good health. Aim to drink about 6 – 8 glasses of water per day, preferably at room temperature and sipped through the day.

Thanks to Nutritionist Victoria Kubiak for help with this advice. Victoria works for the Penny Brohn Cancer Help Centre and at her clinics at Sneyd Park, Bristol and Clevedon.

You can contact Victoria on 01275 876688 or at info@victoriakubiak.co.uk
www.victoriakubiak.co.uk

SPOTLIGHT ON JENNY WARD

The Bristol Eye Hospital's Theatre Manager

Did you always want to go into nursing?

I decided to go into Nursing during my last year at school in 1971. I received a placement on a trainee Ophthalmic Nursing course at the Bristol Eye Hospital. It was a two-year course, and very 'hands on'. I realised straight away that although medical skills are vital, so is the ability to comfort and reassure patients who are nervous about having the operation on their eyes.

I gained an Ophthalmic Nursing Diploma then transferred to the BRI to gain my general nursing qualifications. I returned to the Eye Hospital where, except for a six-year break whilst I brought up my children, I have been ever since!

Were all those years spent as manager of the operating theatres?

No. I was appointed Theatre Manager on 25 November 2007, before this date I was the Anaesthetic lead.

If you weren't doing your current job, what do you think you might be doing?

Hmm ... a difficult question as I can't actually imagine doing anything else. I really do love my job. Although I am interested in Care Quality Commission so probably something to do with organisational planning.

What is the main function of a Theatre Manager?

To ensure a safe environment for both patients and staff delivering excellent care while working hard to remain within financial constraints.

Of course safety is paramount – and that includes so many various aspects of the work. It is a team effort – the work of the surgeons, the nurses, the technical and clerical staff, the porters – we all play an equal part in ensuring everyone's safety.

How many theatres and staff are you responsible for?

We have four theatres and around 43 staff. In each theatre I normally ensure we have a minimum of four staff and if it's a particularly busy morning or afternoon shift then I increase that to five. All theatres for most of the time work to full capacity from Monday to Friday, with emergencies and extra lists at the weekends.

What is the most common operation carried out in the theatres?

The most common operation is Cataracts although Vitreo/Retinal has increased greatly over the years, owing to advanced specialised equipment and the Consultants that we have here at the Bristol Eye Hospital.

You mentioned having staff on call outside normal hospital hours – do you have many emergencies?

We certainly do! We are the specialist eye hospital for the entire south-west and parts of South Wales. During the week emergencies need to be prioritised; it's a real balancing act at times because of the age range that we operate on, this being from 0 to a 100 plus years.

What are your first jobs in the morning?

I officially start at 8 am but I am usually in at 7.30 am to check the phone and email messages in case anyone has phoned in unwell or with a problem which means they won't be on duty. Although I have a big team, if just one is missing, it can make a real difference.

What time do you normally finish?

Rarely at the time I'm supposed to! It's definitely not a job that you can just walk away from when your day has officially finished.

What would you say is the most rewarding part of your job?

When patients leave us each day, perhaps having had complicated eye surgery to deal with severe sight loss, which obviously affects their entire life – and they turn to my staff as they leave and, often emotionally, say a huge thank you. You cannot imagine how rewarding that is for all of us.

So much of your life seems to be devoted to the patients and staff of the hospital. Do you manage to have a family as well?

I have a wonderful husband, Martin, and we celebrated our 40th wedding anniversary last year. We are blessed with two children, Sheryl and Neil and with Neil's wife Kelly we have two gorgeous grandchildren, Jasmine who is nine and Milly who is six.

And how do you relax - do you have time for any interests or hobbies outside of work?

People are always surprised when I tell them my two favourite ways of relaxing are gardening and decorating! So nothing in the house stays the same for long. I know it must drive my poor husband Martin mad at times, but fortunately he's very understanding!

And can I say a thank you to the Friends, firstly for all the support they give us, both in financial and practical ways, but also because they are so appreciative of what we do for our patients.

I am proud to have been a part of the Bristol Eye Hospital team for the past 47 years and hope to round it off to 50 years. I am sure I will be sad to leave, as everyone here has played a huge part in my life. My team have been truly the best.



ROCK SALT ENTERTAIN EYE HOSPITAL COLLEAGUES



Eye Hospital staff were entertained in style at their staff party, with music provided by a band made up by six of their colleagues.

The band, 'Rock Salt', comprises vocalist Samantha Hunt an Ophthalmology Registrar. On bass and vocals is Tomas Burke, a Consultant Ophthalmologist.

Paul Spry, Optometrist and Electrophysiologist, plays lead guitar; retired consultant Ophthalmologist Stuart Cook plays rhythm guitar; Johannes Keller, Consultant Ophthalmologist is on the keyboard, whilst backing them all up on the drums is Consultant Ophthalmologist Richard Haynes.

Singing

The band received a rip-roaring welcome from the party-goers playing Sixties and Seventies covers. Singer Samantha said: "I started work in the Bristol Eye Hospital in August 2017.

I grew up singing in church, though had terrible hearing as a

young child (not far off completely deaf until I had grommets at the age of five) and didn't really grasp pitching until I started playing the flute in primary school. Enthusiasm helped me progress – from playing the flute in school/orchestra/church band.

I added singing in the school choir and musical shows, and eventually switched to singing in the church band rather than playing the flute.

Studied

I studied music at school but moving around so much with university and the hectic life as a junior doctor squashed my musical hobbies for some time, so I love now being able to rehearse and perform with colleagues in Rock Salt."

The staff at the event raised £105 in aid of the Friends, for which we are very grateful.

THE ROLE OF EYE CLINIC LIAISON OFFICERS

Bristol Eye Hospital has Eye Clinic Liaison Officers whose role is to give practical help as well as reassurance.

Sight loss can mean a considerable and difficult change to people's lives and the Liaison team provide an essential and valuable link during that time. Part of their role is to help patients understand what aids are available, how to use them and where they can obtain them. Whilst many patients telephone for help, others prefer to visit, using the 'drop-in' service.

The team act as a link between consultants and patients, run regular support groups and closely liaise with charities that help blind people with a range of excellent services such as rehabilitation, counselling and help with things such as

applications for housing support and other benefits. They are also responsible for issuing Certificates of Visual Impairment and notifying the appropriate local council authority when a person has poor sight.

The Friends have purchased a selection of aids and large print books for the team to demonstrate to visually impaired patients. Samples of some of the aids available are on display in a cabinet on Level 2.

Finally, we were sorry to say farewell to a loyal member of the Liaison staff, Laura Trigger née Kirby, who has moved on to pastures new, but we look forward to working just as closely with her successor Daria Hernet who has been appointed to this vital role.



**FRIENDS AGM
TUESDAY 21 MAY
6:15pm AT THE
BRISTOL EYE
HOSPITAL**

ALL ARE WELCOME

NEW MURAL IN GLOUCESTER WARD RECEPTION

A colourful new mural now greets visitors in the waiting area of Gloucester Ward, replacing one that the Friends paid for about 20 years ago, which had become tired and was partly damaged.

Commissioned by the hospital's management it was created by local artist Amy Hutchings and paid for by the Friends.

Amy's colourful, vibrant and positive image depicts the hospital in a Bristol skyline, using primary colours more visible to the partially sighted and appealing to all ages.

Patients and staff commented on and approved the proposed design before it was finalised.

Consultant Denize Atan said: "Hospitals are generally designed and decorated to meet pragmatic demands on space within a limited budget. Few hospitals

have a budget to make spaces aesthetically appealing, yet studies have shown that exposure to 'greenness' and natural environments may improve surgical outcomes."

Other examples of Amy Hutchings's artistry can be found at

www.amyhutchings.co.uk



DO YOU KNOW THE DIFFERENCE BETWEEN...

Ophthalmologists, Optometrists & Orthoptists?

Besides being unable to spell the words, we wondered how many people know the difference between an Ophthalmologist, an Optometrist and an Orthoptist?

Many of us who have been treated by one of the amazing medical team at the Eye Hospital may not be aware that some of the doctors you see are ophthalmologists, whilst others are optometrists or even orthoptists. And even if you knew, would you know the difference between the three?

An Ophthalmologist is a medically trained doctor who commonly acts as both physician and surgeon and who examines, diagnoses and treats diseases and injuries in and around the eye.

An Optometrist is someone who examines eyes, gives advice on visual problems and prescribes and fits glasses or contact lenses. Many work in high street opticians, whilst others like the team we have in the hospital work within the NHS.

In addition, there are also Orthoptists – specialists who diagnose and treat defects of vision and abnormalities of eye movement and are usually part of a hospital care team looking after people with eye problems such as binocular vision, amblyopia (lazy eye) and strabismus (squint).

FACTS ABOUT AMD

Age-related macular degeneration

- It is an eye condition of which there are two types – ‘wet’ and ‘dry’.
- It affects more than 600,000 people, with around 8% having the ‘wet form’.
- The risk of getting it increases with age
- It causes people to lose their central vision, usually in both eyes
- It can make faces harder to recognise and reading more difficult
- Wet AMD is caused when abnormal blood cells damage the cells at the back of the eye
- Wet AMD can be treated if caught early with drugs such as Avastin being injected into the eye to stop these abnormal blood vessels from growing

FUNDRAISING IN MEMORY OF JAMES GRIFFITHS

Family and friends of James Griffiths have raised almost £12,000 in his memory to be shared between Harefield Hospital, Friends of Bristol Eye Hospital and the British Heart Foundation.



James died in April 2017, aged 36. He suffered with Marfan Syndrome, a rare disease that can affect most parts of the body including the eyes. His mother, Louise Medd, organised

a “One for James” Charity Ball at Batch Country House Hotel in Lympsham when over 300 people raised over £9,000.

Louise and James’s sister Victoria Taylor presented consultant surgeon Richard Haynes with £3,100 for the Friends. Louise said that she had “nothing but praise for Bristol Eye Hospital.”

Marathon

Three of James’s friends: Wayne Barrett, Helen Jenkins and James Reddish ran the Edinburgh Marathon in May 2018, whilst Louise and Victoria both ran the Half Marathon, raising sponsorship in aid of the three charities, of which our share has been £858. Wayne stood in at short notice for Nick Blackmore who had trained to

run the Marathon and raised sponsorship but was unable to run on the day as he had a broken leg!



Very many thanks to all of James’s family and friends, including those who attended the Ball and showed their abundant appreciation of James in such a heart-warming way and by helping three charities that meant so much to James.

WELCOMES AND FAREWELLS...

Our wonderful secretary Dinah Harrison, after over 41 years of dedicated service to the Friends, is relinquishing some of her secretarial duties and responsibilities in 2019. Fortunately, trustee Wendy Beatty, has offered to assist Dinah. Wendy has already made her mark by volunteering to serve on the Events Sub-Committee and the Finance Sub-Committee and selling Christmas cards.

We also welcome James Reddish who was co-opted as a trustee in November 2018. James organised his friends to run the Edinburgh Marathon in memory of his friend James Griffiths (see page 11).

We have said goodbye (and thank you) to five long standing trustees:

- Liz Annesley had been a trustee since 2004 and had organised many events especially catering aspects!
- Marian Donovan first joined the Friends' committee in May 2002 as a non-voting volunteer optometrist representative, became a trustee in 2003 and served as Vice Chairman for many years. Her professional knowledge and insight as a practising optometrist were invaluable.
- Marie Mackle, who takes care of the hospital's two courtyard gardens and served as a trustee for four years. Marie continues to maintain the gardens.
- Annette Barrington, had been a trustee for over 25 years until retiring in May 2018. She served as Chairman from 2009 to 2016, and we thank her for continuing as a trustee for a further two years providing continuity after Richard Markham became our Chairman.
- Deborah Hill also stood down in 2018 after eight years as a trustee, when she was also Treasurer and then Assistant Treasurer. She has agreed to continue as a member of our Governance Sub-Committee.

We also say goodbye and thank you to Becca Bateson and Hannah Williams who served as our Publicity Officers throughout our 40th anniversary celebrations and edited our last edition of In Sight.

The Friends would like to thank Empica (www.empica.com) & Kubiak Creative (www.kubiakcreative.com) for their help in designing this edition of In Sight.

UPDATING THE CHARITY'S GOVERNANCE

Thanks to treasurer, Simon St Leger-Harris, the charity now complies with the new rules and legislation regarding Data Protection. These include: how we use and store data and how we communicate with members and potential supporters.

Our new Rules were formally approved at our AGM in 2017, and were registered by the Charity Commission in July 2017.

We have also developed role descriptions for trustees and policies for investment and managing our reserves.



*Friends of
Bristol Eye Hospital*

**Registered Charity No
274349**

www.fbeh.org

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or by post to any of them at:

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Bristol, BS1 2LX

Friends on NHS Website

There is now a link from the hospital's NHS website to the Friends website. Thanks to General Manager Mark Stevens for arranging this.

Good co-operation with Above & Beyond

Supporters will be aware of Above & Beyond, the charity that supports the hospitals of the United Bristol Hospitals Trust.

The Friends and Above & Beyond have occasionally shared the funding of very expensive items that the hospital needs and recently agreed to jointly fund a new grant.

Pop a few coins in our new 'MoneySpinner'!

Look out for our new fundraising 'MoneySpinner' that is currently situated just inside the main entrance doors, close to the reception desk.