



Friends of Moorfields
E Y E H O S P I T A L

THE PEACOCK

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**A quarterly newsletter from The Friends of Moorfields
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Registered charity no 1161546**



Dear Reader,

I am calling all Moorfields Hospital patients asking if there is anybody out there who has benefitted from any hospital equipment provided by The Friends?

We'd love to hear from you as we feel that any success stories are greatly appreciated by our readers. If you have anything of this nature to share please contact me and I'll get in touch

Thank you to our printers Graphic Studio for giving us this 'silk' finish at no extra cost, but is it an improvement? Please let me know if you find it easier or harder to read, and if you would like it on this paper in the future. lynne.moorcroft@moorfields.nhs.uk

I do hope you enjoy reading this Peacock and look forward to hearing from you.

Collectors urgently needed at our underground station collections. Please are you able to help - just a couple of hours as and when you have the time would be really helpful. If you are interested please contact Natalia in The Friends Office.



Dates for your diary:

Art & Jewellery Sales: 2 June, 28 & 30 June, 26 & 28 July

Book Sales: 21 June, 19 July, 23 August

Mini mart: 7 June, 5 July, 16 August

Please come along

A warm welcome from The Friends to Moorfields new Chief Executive - David Probert

David Probert took up his new role as Moorfields' Chief Executive on 18 April 2016, and we are all very much looking forward to working with him.

David has said "I am honoured to take up the role of chief executive at Moorfields and look forward to working with the Friends and our fantastic team of volunteers. I have seen first-hand the impact of charitable support in my career; as chief operating officer at The Royal Marsden and more recently at University College London Hospitals' NHS Foundation Trust (UCLH). Although new to Moorfields, I have already been struck by the absolute commitment of our staff and volunteers to deliver the very best care possible, and of their unwavering drive to change the lives of blind and partially sighted people. I very much look forward to working with you all."



Many Congratulations to Friends Trustee Rachel Owen on the birth of her son Zach.

Mother and baby are both doing well, and Rachel thanks everyone at Friends for their warm wishes.



Friends long-term volunteer Basil Bramble shares his recent experiences

My name is Basil I was born with blood disorder sickle cell anaemia. In and out of hospital all my life but still managed to work for three different employers over 40 years. I have been giving up time over the last

16 years to help the Friends of Moorfields Eye Hospital since I have had eye surgery in both eyes over the last 27 years. I had a bad sickle cell crisis at the end of November and had to stay in hospital for a few days but was pleased to come out, and return home early December 2015. I kept thinking about the Friends of Moorfields Christmas Party. I was so looking forward to attending this because the year before I had a hospital appointment on the same day as the party and could not make it. Everything was looking okay for me and I was resting taking it easy but, as it goes when you suffer from something, it can be so unpredictable. I then had a very severe sickle cell crisis and was admitted to the Royal London Hospital intensive care unit. It didn't look too good for me but with God's grace giving me strength I managed to get better and moved to another ward for the next three weeks. I spent Christmas and New Year's Day in hospital but that's life! I returned home on 4 January 2016 for three and a half weeks, and then returned to hospital for more treatment.

Everything is going well so far and Tuesday 16 February 2016 I had an appointment at Moorfields Eye Hospital, and everything is okay with my eyes the doctors were pleased. Afterwards I popped into The Friends Office and they had saved me some Christmas cake, as you can see - It was well worth waiting for!

I hope you have found my latest journey interesting – best wishes
- Basil

New EPOS system in The Friends Shop.

We now have a new till and barcode reader in The Friends Shop (opposite Clinic 2 at Moorfields City Road). This is part of a larger project to improve the efficiency of all our office systems. We also have an integrated database and accounts programme in the Friends' office, which will allow us to keep a closer eye on all our fundraising activities as well as stock control for the shop.

A huge Thank You to Shop Manager Fleur, and to all the volunteers who have worked so hard to master the new system!



Friends' Trustees Lady Peggy Khaw and Dr Virginia Spence-Jones were our first customers!

Mini mart - past and present



In July 2002 regular 'Mini-mart' sales were started by the late Tony Willoughby with volunteers Brownie Dene, Isabel Dennet, Ann Tourle and Frances Wall. Others joined later including Meg Frances, Kathy Warren and June Webb (a valuable member of the team for about five years before moving on to volunteer in the shop.) Tony was very encouraging and supportive to the team as was Liz Fisher during her time as General Manager. The team work well together and have become firm friends enjoying many celebrations at a Chinese restaurant!

Over the years these sales have proved an extremely valuable source of income for Moorfields raising over £25,000 so far! As well as this they are a clear representation of Friends within the hospital and this encourages patients and staff to get more involved. The variety of items for sale has increased and currently includes CDs, DVDs, bric-a-brac and hand knitted items. Part of the mini mart table has items 'for donations only' and was manned by Brownie Dene, which gave her great pleasure as well as raising funds. The mini mart team also operate a separate bookstall on a different day, which has raised thousands for the hospital as well.

Over the last few months Brownie has retired from The Friends – she helped for 20 years and is now a sprightly 96 years young. Both Frances and Kathy have also recently retired after giving fifteen and ten years respectively. The Friends would like to say a big thank you to the ladies who have retired, and to everyone involved with the mini mart for all their contributions over such a long period.

Angela Smith, Executive Manager said “Mini Mart and Book Sales are very important to Friends, and we all really appreciate the hard work and commitment of the teams. It is not easy sorting, pricing and selling so many items each month - so a big thank you to all for a job well done!”

Are you interested in joining either or both the mini mart and book sales teams. If you can help please contact Natalia in the office – she’d love to hear from you.

Pub Quiz – 14 March at the Masque Haunt

Over 80 hospital staff, volunteers, students, and helpers and even a team of patients took part in a very enjoyable evening at the Masque Haunt, Old Street on Monday 14 March. Many participants started the evening with a burger and then we got down to the serious business of the quiz questions. Our MC for the evening was John, the Masque Haunt Manager.

We ran a raffle, the first prize being a meal and wine for two very kindly donated by the Masque Haunt, Some vouchers were donated by Tesco and we had few other smaller prizes.

The quiz was won by a team of research students from the Institute of Ophthalmology. Friends volunteer Eve Mclean and family came second.

All proceeds went towards the purchase of a Widefield camera for patients at Moorfields Eye Hospital.

We’d like to say a huge thank you to John and his staff for helping us, not just on the evening but with the preparation – they all did a brilliant job and we are very grateful.



Vincenzo Maurino, Consultant Ophthalmic Surgeon in Cornea and Refractive Surgery and Service Director for Cataracts at Moorfields talks to Angela Smith about cataract surgery and explains the importance of the Biometry Machine that The Friends purchased for the Hospital last July.



Can you tell me about yourself, and how you came to be working at Moorfields? “I

trained as a medical doctor and an eye surgeon in Italy but was attracted to Moorfields because of the fame of the Hospital and the excellent training opportunities it provides. I came here over 20 years ago to do a fellowship in strabismus and paediatric ophthalmology. I was very lucky to be able to develop my career at Moorfields; now I am doing corneal and refractive surgery and cataracts.”

Why are you interested in cataracts specifically? “Worldwide, cataracts are the most common cause of blindness; particularly in the developing world. Here in the UK cataract surgery is very rewarding both for the patient and the surgeon as it almost inevitably leads to great improvement in vision, and the patient regains the sight they lost through cataracts.”

What is a cataract? “There are two lenses in the eye; the first is the cornea and the second one is the crystalline lens. As part of the natural aging process, the crystalline lens can become opaque and cloudy and of course the sight is then damaged looking throughout a cloudy lens. When this happens it is a bit like taking a picture with a camera that has an opaque lens; the picture is not good! Age related cataracts are very common, with one in three people over 65 requiring cataract surgery.

Cataracts are not just caused by age, there are also genetic and medical causes. We see cataracts in young children and babies.

At Moorfields the Paediatric Service performs cataract surgery on babies who are just a few weeks old.”

How are cataracts treated, and has this changed over the years? “Currently the only treatment is surgery. Cataract surgery has been around since Egyptian and Roman times, but this was a very primitive and crude form of surgery as it involved simply pushing the cataract deep into the eye so the patient could see without looking through the opaque lens.

More recently cataract surgery has been refined and it was in London that the first ever replacement artificial lens was implanted at the time of the removal of the crystalline opaque lens (the cataract); that was a momentous breakthrough! In the past few decades cataract surgery has been perfected. Modern cataract surgery involves just a small corneal incision with the lens sliced into pieces and then removed from the inside of the eye using ultrasound energy and a complex infusion aspiration system and then an artificial clear lens is inserted in the eye. In the past few years Moorfields has introduced femtosecond laser assisted cataract surgery. Here the first 30% of the procedure is carried out in an automated robotic way and the lens is split in small pieces from the outside without the patient needing to be in the operating room. This really demonstrates the evolution of cataract surgery, which is the most successful type of surgery that can be performed on the human body. The rate of complications is less than 1%.”

How will the new Biometry Machine help patients? “Biometry is measuring the eye using special laser machines and applied mathematical formulas. We can then decide the specific implant power for individual patients to correct any need for glasses. The IOL master 700 is the most advanced biometry machine and can take precise measurements even if the patient moves, or has unusual shaped eyes. We are very thankful to Friends for purchasing this, it has been a big acquisition for Moorfields and will help us to continue to get better and better outcomes for our patients.”



Did you know that The Friends Office is now the collection point for any unwanted postage stamps? We wait until we have enough stamps to fill a large envelope then we send them off to the RNIB.

So please if you have any to add to our collection please bring them in and we will send them off to the RNIB.

Below is a very kind letter we received from Terri Bush, a volunteer for the RNIB Stamp Recycling which also gives ideas of how you could send your unwanted stamps direct to them.

Please pop into the office if you would like to help in this way.

“Dear Friends,

Thank you for helping us in our fundraising efforts by helping us collect as many stamps as possible. Any amount large or small is much appreciated. Every stamp you send will help raise money for the Royal National Institute of Blind People. *Stamps that are trimmed correctly can be sent directly to my buyer at RNIB, PO Box 6198, Leighton Buzzard, LU7 9XT as we raise 25% more money this way.* Please don't send correspondence to there! Over the financial year of 2015-2016 we raised an amazing £25,017.70! Our target for this financial year is to raise at least that figure again!

Please could you ask your family and other contacts to save their stamps for us and if possible can they be **cut or torn with approximately ½ - 1cm of envelope surrounding the stamp** to prevent damage. Stamps should be separated into three categories, British, pre-decimal and foreign. Anything outside mainland Britain is classed as overseas. We can also use the gold

and white labels. We have a wonderful group of volunteers who are happy to trim and sort stamps if you are not able to.

When sending stamps to us if you can take a photograph of the sealed addressed envelope (even the postbox?) and put it onto Facebook or Twitter with a message that would be great? Your help provides over sixty services to visually impaired children and adults. Please ask if you require stamp appeal posters.”

Brenda Naylor

We are sorry to report the death of our friend and long-term supported Brenda Naylor, who died suddenly on 11 March aged 89 and following a major operation.

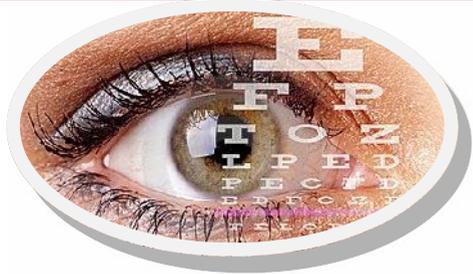
Brenda originally trained at St Martins School of Art and her career spanned fashion, advertising, teaching, writing, book illustration and television. Having been interested in ballet from student days, she also draw dancers and made small figures in direct plaster. This led to a successful career in sculpturing.



Brenda produced beautiful bronze figurines of ballerinas, and she donated one to the Friends’ “EyeBall” in 2003 which was sold in the auction for several thousand pounds. She also joined us for two “EyeBalls” sketching the guests for a £100 fee, raising over £2,500 profit for us.

Having had treatment at Moorfields herself Brenda valued her eyesight enormously as it enabled her to produce such beautiful sculptures.

Friends wish to extend our sincere condolences to Brenda’s family.



National Glaucoma Awareness Week, 6-12 June 2016: Family Foresight

In the UK, glaucoma is the most common cause of **preventable** blindness, yet many people are unaware that glaucoma has no symptoms in the early stages. If left untreated glaucoma can lead to serious loss of vision, with up to 40 per cent of sight being permanently lost before the effects are noticed. Once sight is lost it cannot be recovered.

The International Glaucoma Association (IGA) estimates that there are 600,000 people in the UK with glaucoma, but half have not been diagnosed. Globally, they tell us glaucoma is the leading cause of irreversible blindness and the number of people with glaucoma is increasing. [64 million people today, rising to 76 million by 2020].

This year's campaign is focusing on the need for regular eye health checks for parents, children, brothers and sisters, if glaucoma has been diagnosed in the family.

Nick Strouthidis, Glaucoma Service Director at Moorfields told us: "If you have a family history of glaucoma your risk of developing glaucoma yourself is considerably increased. For that reason if you are over the age of 40 and have a first degree relative with glaucoma your eye tests are free on the NHS. Optometrists are trained to look out for risks of glaucoma, and will do pressure tests, visual field tests and will examine your optic nerve. These three things together will assess whether there is a risk and whether you need to be seen by a hospital specialist."

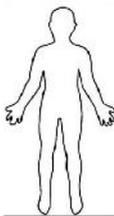
Even if you are not at risk of glaucoma it is really important to have regular eye tests and follow the advice of your optometrist. Below are the World Health Organisation's recommendations for regular checks.



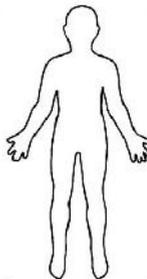
First Eye Test
6 month old



Recommended Eye Test
3 years old



Age 6—18
Every two years



Age 18—60 years
Every two years



Aged 60 Plus
Annually

Eye2Eye Walk

Angela Smith, Executive Manager and Fleur Bayonne, Shop Manager, decided to support our sister charity Moorfields Eye Charity, dug out their trainers and took part in the 'Eye to Eye' walk on 13 March. The course they completed was a very round about route of 14 miles from Moorfields Hospital to the London Eye and was very well attended. It took them about five hours to complete.

They were both delighted to support Moorfields Eye Charity.

Well done ladies –
sterling work!



Why we love sunglasses

We stock a full range of UV protective sunglasses in The Friends Shop, opposite Clinic 2 at Moorfields City Road

Few people know how vulnerable their eyes are. While we might value the way a pair of cool shades stops us from squinting in the sun or while driving, we rarely consider the reality of the long-term protection they offer our eyesight.

Yet invisible ultraviolet (UV) rays can harm our eyes even when the weather is cloudy, sometimes causing serious and long-lasting health conditions. Experts say it's important to wear sunglasses all year round.

Mr Raj Das-Bhaumik, a consultant ophthalmic plastic surgeon here at Moorfields, told us: "We're more aware of bright sunshine in summer or during a holiday overseas, but we're actually exposed to UV light at all times. Cloud cover does very little to protect us; on an average cloudy British day, the majority of UV light comes through and can cause both short and long-term damage.

UV damage to the eyes slowly accumulates, It can affect all parts of the eye, from skin cancer on the eyelid to cataracts, where the lens becomes cloudy. We've also seen an increase in melanomas, which may be associated with light exposure."

Other painful conditions include photokeratitis – essentially sunburn of the cornea, the clear window at the front of the eye – and pterygium, a growth on the eyeball that is also known as "surfer's eye".

Wearing good quality UV Protective sunglasses can make a huge difference in protecting your eyes and your very precious sight!



Friends at home and away....

This year we're asking Friends to buy one of our lovely black or hessian bags and take it around the world! Please email, tweet or post us your funny, interesting, or maybe serious photos/selfies featuring the bag and we will collate a collage of them all.

Black bags are £10 each, and hessian bags are £5, with money from each sale going towards our Widefield Camera appeal.

They can be purchased at The Friends Shop, or by calling 020 7251 1240. We'll also give a Friendly lollipop for every picture we receive to say 'Thank You'!

Email your pictures to:

friends@moorfields.nhs.uk

Or Tweet them to: @MoorfieldFriend



www.friendsofmoorfields.org.uk

THE PEACOCK LOTTERY—LOADS OF MONEY!



PRIZE WINNERS FROM DRAW 36

Draw made by John, the Pub Manager at the Masque Haunt

Available pot : £392.50

1st prize: token No 368 - £235.50 (60% of pot) - Roy Buxton, Colchester

2nd prize: token No 3 - £98.00 (25% of pot) - Paul Chennell, London

3rd prize: token No 402 - £59.00 (15% of pot) - Sylvia Jenkins, London

Would you like the chance to win some money?

Draw 38 takes place at the end of August so newcomers please send in your applications soon. The annual fee (covering entry to four quarterly draws) is £20.00, of which 50% goes to funds and the remainder to the prize pot.

The Peacock Lottery is a fundraiser and is entirely separate from membership of the Friends itself. You can be part of either

I would like a PEACOCK LOTTERY lucky number please!



Name: _____

Address: _____

Postcode: _____

Tel: _____ Email: _____

PLEASE TICK THIS BOX IF THIS IS A BRAND NEW APPLICATION

or
 PLEASE TICK THIS BOX IF YOU ARE RENEWING

Please send with your cheque for £20.00 (payable to Friends of Moorfields) to Peacock Lottery, Friends of Moorfields, 162 City Road, London EC1V 2PD

