

Issue 70
July 2018

The Peacock

quarterly newsletter

Friends of Moorfields

E Y E H O S P I T A L



1-7
JUNE

**VOLUNTEERS'
WEEK**



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Dear Reader,

It has been another exciting and challenging few months for us at Friends! One of our biggest highlights was celebrating Volunteers Week at the beginning of June, which was a great opportunity to express our gratitude to everyone who gives their time and effort, giving back to Moorfields and Friends.

Our 200 volunteers play an essential role in the life of Moorfields and its network sites, which continues to thrive, making Friends the success it is today - so thank you all!



Welcome Georgina

We are delighted to introduce Georgina Williams, who joined the Friends staff team in April as Finance and Administration Officer. Georgina comes with a great deal of charity administration experience, and enjoys giving back to the community. She will be job sharing this role with Nimita Park.



Outside work, Mum of two Georgina likes to spend quality time with her family - who are all big Arsenal fans!



The Friends shop opposite Clinic 2, City Road and online have some new products available for purchase!
Please stop by the shop
or visit us online at
www.friendsofmoorfields.org.uk



Optometry Student volunteer at Moorfields

Brooke Hutchins has been a volunteer for Friends of Moorfields for the past year. She spends Wednesday afternoons helping with patient guiding, meeting and greeting patients at A&E, getting patient feedback, and more recently supporting people to use the Self Check In kiosks.

"Alongside volunteering for the Friends of Moorfields, I am an Optometry student at City, University of London, where I have just completed my second year of the undergraduate course. I chose Optometry as I find the study and profession so varied and fascinating. Despite the challenges and intense hard work required on the course, I could not have chosen one more interesting!

This was not a career that I had thought of at all during my school and sixth form years but after working for a couple of years in healthcare, and a bit of exploring and research, I became sure that I wanted to be an eye care professional.

The course itself is made up of a broad range of modules, which reflect the depth of knowledge needed within the profession, and the combination of practical lab work and lectures make every day different.

The first year is mainly theory and introduction to the core clinical techniques; then as you progress within the degree, you cover all the fundamental optometric skills and knowledge such as eye disease and pathology; contact

lenses, and binocular vision.

Alongside testing, it is also essential for an optometrist to be able to dispense the appropriate spectacles or contact lenses to patients that they see. I am particularly looking forward to my third year, when I will begin to conduct eye examinations and contact lens appointments on the general public, within the university sight clinic.

I have found volunteering at Moorfields extremely complementary to my university studies. I really look forward being able to communicate with and assist patients around the clinics, and the experience of being within an eye hospital itself is a bonus.

There is a huge volunteer team of all ages and backgrounds which makes the experience really enjoyable. What has been so beneficial for me personally, is that alongside the patients that I guide, I have also met many people with specific eye conditions and being able to speak to them about their individual experiences is also a wonderful learning opportunity for an optometry student."



Ultrasound and patient with special needs.

Marie Restori is a Consultant Physicist working in the ultrasound department. Her main role is to be an expert diagnostician in ultrasound and in complex measurement techniques.

“Firstly, I’d like to say how much I appreciate The Friends, because throughout my career, which has been long at Moorfields, I have really appreciated the kindness of the donations of equipment, not only for the benefit of patients but also for the benefit of staff. I have found Friends a most approachable charity, who

are very keen to help both patients and staff. Friends have recently donated a scanner to my department, which will be of enormous benefit to patients with learning disabilities and other special needs.

One in three people living with a learning disability also experience sight loss, and one of the great advantages of ultrasound is that it is a relatively easy procedure to undergo. Therefore



ultrasound will often be the method of choice to examine the eye of someone with a learning disability. This is because the test is done through the closed eyelid and it does not require a lot of co-operation or lead to stress. We couple our ultrasound 'wand' to the eyelid via a liquid gel, it is not an unpleasant technique and it is also very quick so the examination times are very short which suits special needs patients. It is not traumatic or frightening.

in the way that some other tests can be, where the patient has to endure bright lights etc. Friends have recently donated a new ultrasound scanner which will be based in the pre-assessment clinics and will make it much easier for patients with special needs to have their eyes measured prior to cataract surgery.

This is because the optical techniques we normally use to measure the eye of these patients requires a great deal of co-operation, with the patient moving their eyes around and looking in particular directions. This method is not appropriate for everyone, and some eyes are difficult to measure for various reasons; i.e. if they are very unusual or the patient has a learning or physical disability.

With the new scanner we will be able to perform a B scan section, where we move the little wand over the eyelid to get a central cut and then take the measurement directly from that image. This requires very little co-operation from the patient, but means they can go on to have cataract surgery and end up with a lens implant in their eye that suits the size and shape of their eye and gives good vision after the operation. We use the same technique with young children and babies, and it will be extremely helpful to have this available for adults with special needs."

Supported by



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Moorfields' Stars



Congratulations to our 2017 winners and nominees

The amazing contribution of volunteers was recognised for the first time at this years 'Moorfields Stars' ceremony. This is an annual event organised by Moorfields Eye Charity to celebrate the achievements of Moorfields staff and volunteers. Awards were given for:

- * Academic Achievements
- * External Recognition
- * Long Service Awards
- * Employee of the Month
- * Chairman's award for outstanding contribution to Moorfields.
- * Volunteer of the Year
- * Patients Choice
- * Team of the Year
- * Star of the Year



Our volunteers Isabel Dennett, Abdul Razzaq and Basil Bramble all received awards for twenty years' service and Ann Tourle for twenty-five years' service with the Friends of Moorfields.



Before joining us as a volunteer, Isabel worked at Moorfields for 32 years as a nurse!

William Davis won the 'Volunteer of the Year' award for his exceptional organisational skills to help manage the medical imaging reception desk every Wednesday. William has built a strong rapport with patients, particularly those who require special attention. He is an invaluable support for staff in a very busy clinic. William also regularly collects at London Underground Stations for Friends. (The Friends Shop Team and Sylvia Jenkins were also shortlisted for this award).

Robert Dufton, Chief Executive of Moorfields Eye Charity told us "Moorfields Stars recognises the exceptional contribution made by individuals and teams towards giving patients the best eye care and improving their wellbeing. I know how important the role of volunteers, giving their time to work in many different ways alongside staff, is in delivering these outcomes. Moorfields Eye Charity is the sponsor of Moorfields Stars, and I was delighted that the Trust welcomed our suggestion that the contribution of exceptional volunteers should be recognised as well."



'Best Disease' Patient Day

'Best Disease' is a genetic eye condition that affects a tiny part of the retina at the back of the eye, which is called the macular. This can cause problems with central vision, but does not lead to total loss of sight and is not painful. Best affects the vision you use when looking directly at something, e.g. when reading, looking at photos or watching television. Best may make this central vision distorted or blurry and over a period of time may lead to a blank patch in the central vision.

In April the UCL Institute of Ophthalmology (IOO) hosted a Best Disease patient day as part of the Ophthalmology Engage public and patient engagement programme. Over 30 patients and family members joined clinicians and researchers at the Institute to share information about Best Disease.

The day included clinical perspectives from Prof. Andrew Webster and Dr Omar Mahroo, presentations on genetics and identifying mutations from Dr Alice Davidson and Monica Armengol, and talks from Prof. Pete Coffey, Prof. Lyndon da Cruz, Dr Amanda Carr and Dr Britta Nommiste discussing the development of treatments for Best Disease. We also had contributions from a patient, who talked about his focus on leading a positive life with Best Disease, and from Tessa Barrett, head of service delivery for the Macular Society, who spoke about the support they offer for macular dystrophy patients. The event, which was organized by research scientist Dr Amanda



Carr concluded with tours of the cell culture and molecular biology facilities and discussions around interactive displays, with the help of researchers from The London Project to Cure Blindness.

For many of the researchers it was the first opportunity to meet and talk to patients about their disease, and provided new insights into macular disease and inspiration for the research into Best Disease. Whilst for patients and their families, it was an opportunity to learn more about their rare disease - "Fantastic event, feel informed, educated, hopeful and looking forward to the future". Importantly, the event also enabled participants to share their experiences and connect with other affected families - "Thank you so much, brilliant day, we've made new contacts, including a teen, which is really important".

This was the first patient day organised through the UCL IOO Ophthalmology engage programme, which aims to encourage an increase in engagement activities for patients and public at the Institute. Funding for Ophthalmology engage was provided by the Friends of Moorfields and the UCL Public Engagement Unit's "Focus on the positive" initiative.



The experts of tomorrow!

Local primary schools celebrate 'Science Week' at Moorfields



Friends teamed up with scientists from Moorfields BRC to host 'Science Week' events for pupils from two local primary schools.

We went to St Lukes to talk to a class of Year 5 children, and a class of Year 6 from Moorlands came to visit Moorfields

RDCEC. The team of scientists arranged a number of 'Science Stations' for them, and these included:

Adam's Eye: Adam Dubis has a model eye linked to a laptop screen which he used to demonstrate how different conditions affect vision.

Animations: Seeing with your skin: Children watched a short animation showing the process of growing stem cells from skin. Scientists were there to explain and answer questions.



Picturing the back of the eye: Anai Gonzalez Cordeiro helped the children make their own pictures based around her research & imaging of the back of the eye. These were brightly coloured and fun. Anai explained what her research is looking into and how these pictures represent it.

Retinal Structure – knitted form: Amanda Carr showed the children a knitted 'retina' to explain the different parts of the retina, as well as some larger knitted models of cells. They also looked at some actual cell cultures through a microscope so they could see what the individual cells really look like.

We had great feedback from the children:

"I learned a lot of things: all the different cells in your eyes, what can go wrong, what they can do to help."

"It was amazing. I didn't know there was a hole in your eyes."

"When they were showing the eyes close up I was a bit scared... it made me shiver. But I still want to be a doctor for eyes."

A big 'Thank You' to everyone involved!



Thank You!

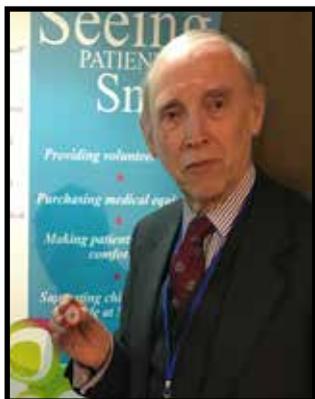


Bright Horizons

A huge well done to all the staff and families at Bright Horizons Chigwell Day Nursery who spent a week fundraising for us. A magnificent £664.89 was raised! Nursery Manager, Malcolm Vickery said "Here at Bright Horizons Chigwell we recognise and value the individual needs of all the children in our care and this week has been no different. We have a little girl in our nursey who has a visual impairment and during the week we planned many activities to raise money for the hospital that has been supporting her from birth. It amazes us daily how much this little girl has flourished in our care."



DRAW MADE BY
Tim ffytche
President of Moorfields Association



PRIZE WINNERS: MARCH 2018
AVAILABLE POT : £397.49

1ST PRIZE: token No 3
£238.50

2ND PRIZE: token No 214
£99.37

3RD PRIZE: token No 476
£59.62

The next draw takes place at the end of August 2018, so newcomers please send in your applications. 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



Friends of Moorfields

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