



As November unfolds, we're just a month away from the festive December.

For the first time, November will see our team participating in the 94.7 Ride Joburg. We're rallying support for our riders who are fundraising for Retina South Africa. Please visit our Give and Gain page to contribute to their noble causes. A heartfelt thank you to all participants riding for Retina South Africa.

The Retina Team is also gearing up for the 'Dis-Chem Ride for Sight' scheduled for February 2025. It's time to dust off your bicycle and kick-start your practice for joining us on 16 February 2025. Discover more about this and other engaging articles by simply swiping down.

Enjoy your read!

The Editor

LATEST NEWS

Why do you need a Password Manager!

In today's digital age, securing online accounts with strong, unique passwords is crucial.

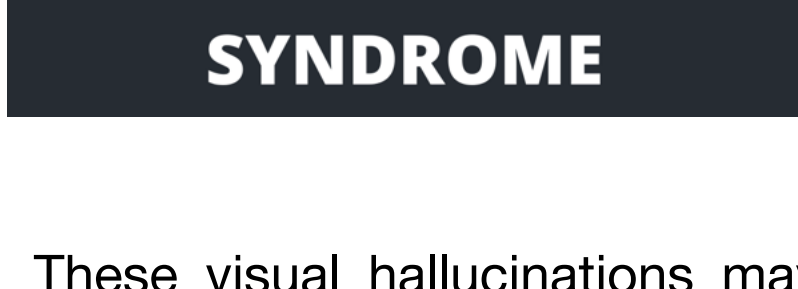
For individuals with visual impairments, managing these passwords presents unique challenges, especially when navigating CAPTCHA verifications and two-factor authentication processes.

Password managers emerge as a vital tool in this context, offering several benefits.

One of the most trusted and widely used password managers is BitWarden. The best part? You can download it free-of-charge here.

READ MORE

What is Charles Bonnet Syndrome (CBS)



Charles Bonnet Syndrome (CBS) is a condition where individuals with significant vision loss experience complex visual hallucinations.

These hallucinations are recognised as unreal by the person experiencing them. CBS can affect anyone with severe vision impairment, regardless of the cause of the vision loss.

These visual hallucinations may be shapes, colours, animals or objects and scenes. They may be static or moving. They may disappear without any intervention.

The condition was first described by Charles Bonnet in 1760, highlighting its long-recognized presence in the medical community.

Learn more

FUNDRAISING EVENTS RECAP

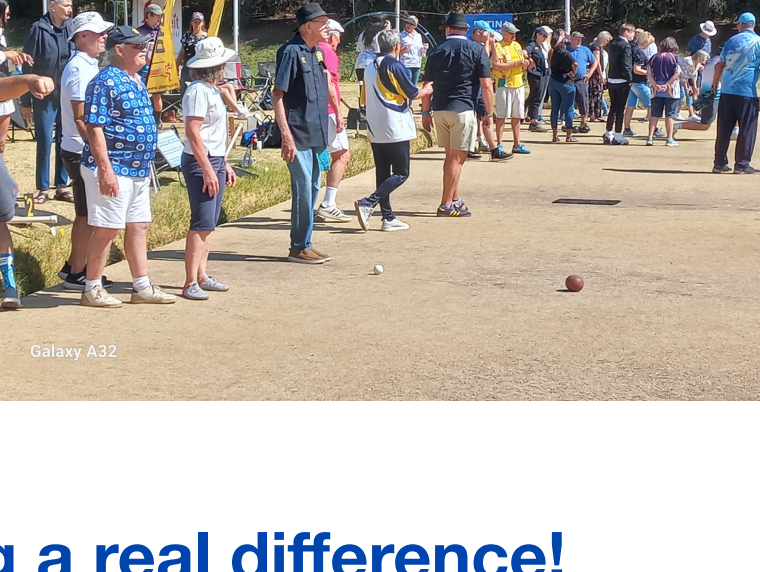
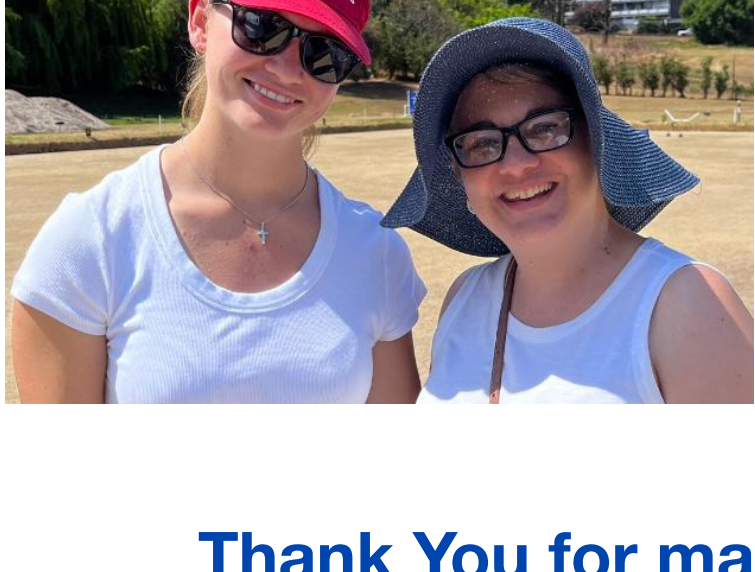
Bowls for Sight 2024: A Day of Inclusion and Impact!

Our inaugural Bowls For Sight Fundraiser was an unforgettable day, filled with community spirit, competitive bowls, and incredible support for our Save Our Sight campaign. With 24 teams, including 16 visually impaired bowlers, we showcased the power of inclusive sport!

Special thanks to the Rotary Club of Knights Pendragon for sponsoring three teams of visually impaired players, ensuring full participation in this inspiring event.

We are also proud to highlight The Lions as our national partner for these events, whose unwavering support was instrumental in making the day a success.

Thanks to your generosity, we funded 20 DNA testing kits, empowering individuals affected by retinal degenerative diseases. As Linsay Engelbrecht, Head of Para Sport Development, said: "Today wasn't just about bowls; it was about opening up a world of possibilities".



Thank You for making a real difference!

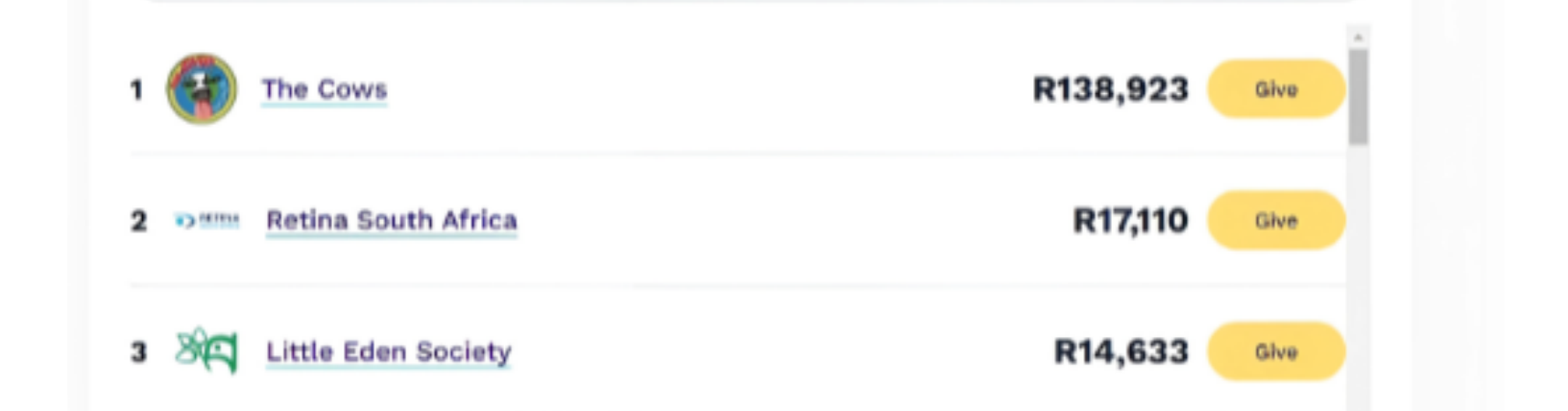
MAKING A DIFFERENCE TOGETHER

Spotlight: Cycling for Sight - Team Retina SA Takes on Ride Joburg!



Meet **Tommie Robert Meintjies**, one of our inspiring cyclists who's RIDING FOR PURPOSE in this year's Ride Joburg event. Not only is this his first ever 947 Ride Joburg, Tommie has set his sights on raising R5,000 to empower visually impaired children, joining our remarkable 35-member team.

Our diverse team brings together passionate cyclists from all walks of life: 11 dedicated riders from the Pretoria South Lions Club, 6 visually impaired para cyclists competing on tandems with their pilots, and 18 individual supporters who've joined our cause. Together, our riders are taking on both the challenging 97km route and the 35km course, showing that there's a place for everyone in this inspiring initiative!



We're thrilled to currently hold second place among **44 charities**, having already raised an incredible **R17,110!** With just two weeks until the big day on November 17th, we're pushing towards our R50,000 goal. Every donation brings us closer to transforming lives through Retina South Africa's vital work.

Ready to support Tommie and our determined team?

Your contribution, no matter the size, helps light the way for visually impaired children, teenagers and adults. Click below to donate and be part of this amazing journey!

Together, let's make this debut ride unforgettable! 🚴🏻💡

DONATE NOW

UPCOMING FUNDRAISING EVENTS



SAVE THE DATE! DIS-CHEM RIDE FOR SIGHT 2025

Cyclists, Get Ready for **The Dis-Chem Ride for Sight 2025!**

Early Bird Entries Open Monday, 11 Nov 2024
ENTRIES LESS 20% Valid for 1 week ONLY - 11-18 Nov.

Be the first to secure your spot in one of South Africa's premier road cycling events, celebrating its 36th anniversary!

Event Details:

Venue: Boksburg City Stadium

Distances:

- 116 km Super Classic
- 62 km Fun Ride
- Para Categories for Disability Cyclists

Calling Sighted Cyclists: Be a Pilot (guide) of Hope!



Are you ready to transform lives? We need skilled cyclists to volunteer as tandem pilots for visually impaired riders in the Dis-Chem Ride for Sight 2025.

Guide, support, and inspire as you ride together, breaking barriers and creating unforgettable moments of freedom.

Become a Cycling Guide: Quick Survey

Ride of Courage: Your Journey, Your Triumph, Your Freedom!

Calling all individuals with vision loss: This is **YOUR** moment to shine! Whether you've never cycled before or are ready to push your boundaries, this is your chance to experience the exhilaration of cycling and prove that nothing can stop you.

- First-time cyclists welcome
- No experience necessary
- Dedicated training rides starting January
- Opportunity to challenge yourself and feel free
- Simply email your name and contact details to join, Click on the link below.

Join the Ride of a Lifetime

Preparation Starts Now!

- Start getting mobile
- Walk, run, or use a stationary bike
- Build your confidence and fitness

This is more than a ride - it's a journey of hope, inclusion, and personal triumph.

Follow the Dis-Chem Ride for Sight **Facebook Page**, **Instagram** or **Twitter** for more details and get ready to pedal with a purpose.



BACK TO BASICS WEBINAR

Supported by Roche Products (Pty) Ltd and Bayer South Africa

Episode 6 - Light and the Eye

In our previous webinar, we spoke about the chambers and the fluids in the eye and we noted that none of the chambers in the eyes empty. They are all filled with different types of fluid. In this episode, we are going to look at light and more specifically how light interacts with the eye.



LISTEN HERE

RETINAL REALITIES PODCAST

Supported by Roche Products (Pty) Ltd

Episode 22 - Love Your Eyes Kids - with Claudette, Victoria and Lindiwe

In this World Retina Day special edition of the Retinal Realities Podcast, we are honoured to have Claudette, Victoria, and Lindiwe, our dedicated patient advocates.

This year's theme is "Love Your Eyes - Kids: Focusing on Children," and it's a call to action we cannot ignore.

Thank you to Roche Products (Pty) Ltd for sponsoring this wonderful series of Retinal Realities podcasts.

LISTEN HERE

CALENDAR

Nov 17, 2024 | [Ride Joburg Charity Batch](#) | FNB Stadium, Gauteng

Feb 16, 2025 | **Ride for Sight** | Cycling | Boksburg City Stadium, Gauteng

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