View this email in your browser

Spring is here, but that doesn't mean we've slowed down at Retina South Africa. This edition of the 'Out of Sight' newsletter is packed with wonderful activities for you to get involved in, as well as the latest news from our organization. Discover the Marrakesh Treaty, learn about the history of World Retina Day, celebrate the success of our golf day, and find out how you can take a break while raising funds for Retina.

Enjoy your read!

The Editor

LATEST NEWS

Celebrating Vision: The Significance of World Retina Day and World Sight Day

Every year, World Retina Day is observed on September 28th, highlighting the critical role of the retina in our vision and the diseases that threaten it. Established to educate and raise awareness about retinal health, this day emphasizes the importance of understanding retinal diseases, such as retinitis pigmentosa and age-related macular degeneration, which can significantly impair vision.

Retinitis Pigmentosa, which was the focus of the very first World Retina Day, leads to the degeneration of the retina, affecting millions worldwide. Since its inception in 2010 this day has been celebrated every year by Retina South Africa.

Please see Retina South Africa's Press release on the occasion of World Retina Day.

READ MORE

Understanding the Marrakesh Treaty: A Beacon of Hope for the Visually Impaired

The Marrakesh Treaty, formally known as the Marrakesh Treaty to Facilitate Access to Published Works for Persons Who Are Blind, Visually Impaired, or Otherwise Print Disabled, represents a significant stride towards inclusivity and accessibility. Adopted on June 27, 2013, in Marrakesh, Morocco, this treaty addresses the 'book famine' by enabling the creation and distribution of books in accessible formats for those with print disabilities

Key Highlights of the Marrakesh Treaty:

Purpose: To combat the scarcity of accessible books for individuals with visual impairments, facilitating the creation, and distribution of accessible formats (in Braille, audio, and large print) worldwide.

Impact: The treaty has been ratified or acceded to by 97 contracting parties, encompassing 123 countries globally, marking a widespread acknowledgment of the need to enhance access to published works.

Advantages for the Visually Impaired: The treaty empowers visually impaired individuals by increasing the availability of books in accessible formats such as Braille, audio, and large print. It fosters international cooperation, allowing for the import and export of accessible materials, and encourages countries to adopt supportive legal frameworks.

FULL STORY

EYE CARE AWARENESS MONTH SPECIALS

Take a Break and Make A Difference

Special Eye Care Awareness Month Offer at Elizabeth Manor, Kosmos Manor, and Summer Place

Book your stay at any of these guest houses between 3rd and 31st October to enjoy a 7.5% discount. This offer is only valid for stays during this period and cannot be applied to bookings for November or December.

Additionally, these fine establishments will donate an extra 7.5% of your booking to Retina South Africa.

Don't miss out on this exclusive deal—secure your spot today and support eye care awareness!

T's and C's Apply:
Not exchangeable for cash
50% deposit is required upon booking.
Only valid for direct bookings and not for any agent bookings

Please familiarize yourself with their cancellation terms:
Elizabeth Manor, Sandton: https://www.elizabethmanor.co.za/
Summer Place, Umzumbe: https://www.mybeachhome.co.za/
Kosmos Manor, Hartbeespoort Dam: www.kosmosmanor.co.za

Kosmos Manor, Hartbeespoort Dam

Looking for a five star getaway? Kosmos Manor offers stunning panoramic views of the dam, along with tranquility, comfort, and style.

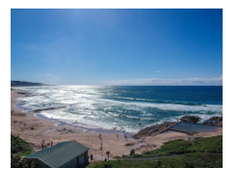
Simply call **012-253 5116** and mention the special code **Ret3448** to take advantage of this Eye Care Awareness Month Special.

CHECK IT OUT

Summer Place, Umzumbe

Nestled on a blue flag beach, Summer Place is perfect for a relaxing escape. Watch surfers, whales, dolphins, or passing ships at this self-catering destination.

Simply call **082 375 0000** and mention the special code **Ret3448** to take advantage of this Eye Care Awareness Month Special.



MORE INFO

Elizabeth Manor, Sandhurst

Visiting Gauteng for business, leisure, sports, or meetings, this haven is close to Sandton City and offers easy access to major routes around Gauteng.

Simply call **011 884 0880** and mention the special code **Ret3448** to take advantage of this Eye Care Awareness Month Special.

SEE MORE

EXPERIENCE THE BEST OF THAI DINING - 2 THAI 4 RESTAURANT

Isn't it time for you to treat yourself, accompanied by family, friends, colleagues, to more than just a meal at 2Thai4 in Corlett Drive, Johannesburg. You will be welcomed by smiling staff who cater to your individual needs and likes with friendliness and attention to detail.

This outstanding Thai restaurant has been acknowledged by the Thai embassy of South Africa.

Book a table for dinner at 2Thai4 Restaurant between 3 – 31 October and enjoy a 7.5% discount on your meal. Additionally, 2Thai4 will donate an extra 7.5% to Retina South Africa.

Celebrate Eye Care Awareness Month with us and support a great cause while savouring delicious Thai cuisine!

Simply call **011 440 3000** and mention the special code **RET8434** to take advantage of this Eye Care Awareness Month Special. **Operating hours are from 12h00 until 22h00.**

FUNDRAISING EVENTS RECAP

Swing for Sight 2024

The Swing for Sight event was a tremendous success, attracting 136 players and around 35 sponsors. The day featured celebrity participants, thrilling challenges, and the inspiring Retina SA Para Golf Team, who participated with their guides from the South African Blind Golf Association. This inclusive event provided a platform for visually impaired athletes to showcase their skills and determination, challenging stereotypes and inspiring others. By engaging sponsors, participants, and volunteers, it created a sense of community and shared purpose.

Congratulations to all the Teams!

A huge round of applause to everyone who participated and made this event a grand success. Special congratulations go out to the top three teams for their outstanding performances: 1st Place - Tiger Brands, 2nd Place - Team Clippa Sales, and 3rd Place - Team Numerator.

The success of the event was made possible by the enthusiasm, support, energy, and dedication of the management and staff at Dis-Chem Pharmacies and Foundation. A sincere thank you to our Sponsors, Players, and Volunteers. Your participation helped raise R212,000, which will support our education, awareness, and research projects.

Huge thanks to WorksGroup for sponsoring golf shirts for all players. Due to the overwhelming success and positive feedback, we've already set the date for next year's event on September 2, 2025, expanding to both the East and West courses.

MAKING A DIFFERENCE TOGETHER

Virgin active RIDE JOBURG 947.

DONATE NOW

A Message from Charles Kgopa: Our first Ride Joburg Charity Cyclist

"Retinal degeneration slowly takes away a person's sight, turning their world dark. Conditions like AMD (Age-Related Macular Degeneration) and RP (Retinitis Pigmentosa) are the culprits behind this heartbreaking loss.

Retina South Africa is a Non-Profit Organization dedicated to supporting research into these conditions. For my fourth 947 Ride Joburg, I've chosen to RIDE FOR A PURPOSE: raising funds for Retina SA to continue their incredible work.

I have already raised 20% of my target, and with your help, I can reach my goal and make a significant impact. Join my community of supporters who are making a difference together. Every bit helps, whether it's R50 or R500, your contribution matters.

Together, we can make a brighter future for those affected by retinal diseases."

UPCOMING FUNDRAISING EVENTS

November 17, 2024 Ride Joburg for a Purpose.

Be part of something amazing and join us on Sunday, November 17th, for the Virgin Active 947 Ride Joburg. Show Joburg what we can achieve together! Remember entries close 27th October.

Join the Retina Charity Team and get 1 free entry to win an Orbrea Road Bike. T's & C's Apply.

Join our Charity Team

SAVE THE DATE!

Dis-Chem Ride for Sight 2025

Mark your calendars! The Dis-Chem Ride for Sight 2025 is set for 16 February 2025. Join us for a day of cycling, community, and support for those affected by retinal diseases. Stay tuned for more details on early bird entries, and get ready to ride for a brighter future!

BACK TO BASICS WEBINAR

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

Special Edition - World Retina Day

Devices and Myopia

In this special edition of the "Back to Basics" webinar, celebrating World Retina Day, Karen focusses on the growing epidemic of myopia in children. She discusses the various types of myopia, including progressive, high, and axial myopia, and explores why this condition is becoming a significant health hazard. Join us as we delve into the details of these terms and understand how myopia progressively worsens over time.

LISTEN HERE

RETINAL REALITIES PODCAST

Supported by Roche Products (Pty) Ltd

Episode 21 - Navigating Blindness with Grace - with Leanne Hunt

"Blind people have dreams as big as sighted people, and if they have the determination and courage to pursue those dreams, why stop them?" – Leanne Hunt

Join us in this episode of the Retinal Realities Podcast as we chat with Leanne Hunt, the author of What Every Blind Person Needs You to Know. Leanne shares how her experiences with vision loss inspired her to write this insightful handbook, this handbook is designed to show families, friends and colleagues of the visually impaired how to offer support without being patronising.

Leanne is living with Stargardts disease, a retinal condition that progressively leads to blindness. She has self-published several books, volunteered at various non-profit organizations, pursued a master's degree, and written on a wide range of topics. Leanne's accomplishments are a testament to her resilience and passion. Leanne's book is available on Amazon at https://www.amazon.com/What-Every-Bli...

LISTEN HERE

CALENDAR

Oct 06 | Bowls FOR SIGHT | Lawn Bowls | Edenvale Bowling Club, Gauteng.
Nov 17 | Ride Joburg Charity Team | Cycling | FNB Stadium, Gauteng.
Feb 18, 2025 | **Ride for Sight** | Cycling | Boksburg City Stadium, Gauteng

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