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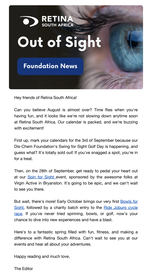


Hey friends of Retina South Africa!

Can you believe August is almost over? Time flies when you're having fun, and it looks like we're not slowing down anytime soon at Retina South Africa. Our calendar is packed, and we're buzzing with excitement!

First up, mark your calendars for the 3rd of September because our Dis-Chem Foundation's Swing for Sight Golf Day is happening, and guess what? It's totally sold out! If you've snagged a spot, you're in for a treat.

Then, on the 28th of September, get ready to pedal your heart out at our Spin for Sight event, sponsored by the awesome folks at Virgin Active in Bryanston. It's going to be epic, and we can't wait to see you there.

But wait, there's more! Early October brings us our first Bowls for Sight tournament, a charity batch entry to the Ride Joburg cycle race. If you've never tried spinning, bowls, or cycling, this is your chance to dive into new experiences and have a blast.

Here's to a fantastic spring filled with fun, fitness, and making a difference with Retina South Africa. Can't wait to see you at our events and hear all about your adventures.

Happy reading and much love,

The Editor

LATEST NEWS

Mobility Training - A Beacon of Independence for Individuals with Visual Impairments

For many facing the journey of visual impairment, especially those with degenerative retinal conditions, mobility training stands as a crucial pillar of independence and safety. Unlike the common misconception, touring a white cane alone does not suffice. Proper mobility training equips individuals with the skills to navigate their environments safely and confidently, mitigating the risks associated with improper cane use.

The South African Guide-Dogs Association for the Blind offers free Orientation and Mobility training sessions in Gauteng. These sessions are tailored to meet the unique needs of each individual, fostering inclusivity and empowerment.

Read More

Join the Movement: Help Us Reach 1,000 Subscribers on YouTube!

At Retina South Africa, we're on a mission to champion the cause of those affected by retinal blindness. Now, more than ever, the power of community and collective action is essential - and we need you to join us in a special way.

Why Subscribe? It's More Than Just a Number!

Our YouTube channel is more than just videos, it's a beacon of hope and information. It's where we share inspiring stories, important updates, and the latest in retinal research. Reaching 1,000 subscribers means the exciting part-reaching 1,000 subscribers will unlock YouTube monetization. This means that every view can turn into funds that directly support our mission. Your free subscription will help us fund research, raise awareness, and advocate for those who need it most.

How Can You Make a Difference? It's Easy!

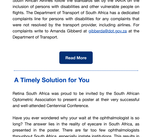
Subscribing to our channel is a small action with a big impact. Just click the link below and hit that subscribe button! We don't stop there—share our channel with friends and family. Every subscriber brings us one step closer to our goal, and together, we can amplify our voice and our efforts.

Let's Grow Our Community and Amplify Our Impact!

With your help, we can hit this milestone and unlock new possibilities for fundraising and advocacy. Let's make our collective voice louder and more powerful. The more subscribers we have, the more we can do!

Subscribe For Free

Thank you for standing with us and believing in our cause!



Flying with Sight Loss

South African Airlines follow the standards set by the IAATA on the inclusion of persons with disabilities and other vulnerable people on flights. The Department of Transport of South Africa has a dedicated complaints line for persons with disabilities for any complaints that were not resolved by the transport provider, including airlines. For complaints only to contact Gibbert at gibbert@dot.gov.za or the Department of Transport.

Read More

A Timely Solution for You

Retina South Africa was proud to be invited by the South African Optometric Association to present a poster at their very successful and well-attended Centennial Conference.

Have you ever wondered why your wait at the ophthalmologist is so long? The answer lies in the reality of eyecare in South Africa, as presented in the poster. There are far too few ophthalmologists (medical eye doctors) to meet the demand for eyecare. This results in a heavy burden on all staff and on people requiring care.

Read More

Retina WhatsApp Groups

Retina South Africa is excited to remind you all of the specialised WhatsApp groups dedicated to individuals with sight loss. These groups serve as a vibrant community for sharing job opportunities, fundraising events, and essential information tailored to the needs of those affected. Our groups include a platform for parents of children with Retinal conditions, a network for young people under 35 navigating life with sight loss, and a dedicated space for the process of creating a group specifically for individuals engaged in sports. To become a part of this empowering initiative, please email our head office at Head@RetinaRSA.org.za with your request to join and your WhatsApp number, and we'll guide you through the simple joining process.

Spotlight: Pioneering Pedals for Sight - Our first Ride Joburg Charity Cyclist

Exciting news! Retina South Africa has made its debut as a registered charity for Ride Joburg. Ride For A Purpose and we're proud to introduce Charles, our very first cyclist to sign up for this groundbreaking initiative.

Charles, a seasoned rider tackling his fourth 947 Ride Joburg, has embraced our cause with open arms. His mission? To raise R3000 in support of Retina South Africa's fight against retinal degeneration.

As AMD and RP continue to challenge lives, Charles is turning his passion for cycling into a beacon of hope. His commitment marks the beginning of a new chapter for our organisation in this prestigious event.

Every donation, no matter the size, propels our research and support efforts forward. Let's rally behind Charles and show the power of our community in this inaugural year!

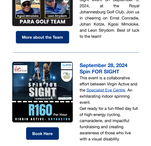
Ready to make history with us? Visit Charles' GiveGen page and help us reach the R3000 target. Together, we're riding towards a brighter future for those affected by retinal diseases!

Donate Now

UPCOMING FUNDRAISING EVENTS

September 3, 2024
Swing FOR SIGHT
We are thrilled to introduce the Retina Para Golf Team, who will be competing in the Swing for Sight event on September 3, 2024, at the Royal Johannesburg Golf Club. Join us in cheering for Trevor Concadie, Jonathan Kaplan, Ian Greenberg, and Leon Strydom. Best of luck to the team!

More about the Team



Book Here

September 28, 2024
Spin FOR SIGHT
This event is a collaborative effort between Virgin Active and the Occupational Eye Centre. An exhilarating indoor spinning session.
Get ready for a fun-filled day full of high-energy cycling, camaraderie, and impactful fundraising and creating awareness of those who live with a visual disability.

Book Now

October 6, 2024
Bowls FOR SIGHT
Interested in trying lawn bowls? Join us for the Bowls FOR SIGHT fundraiser at Edenvale Bowling Club, Gauteng on Sunday, October 6, 2024. The cost is a player R350. Bring along family, friends, or colleagues for a day of fun and socialising to support Retina South Africa's "Save Our Sight" initiative.

November 17, 2024
Ride Joburg
For A Purpose
Riding Towards a Future with Restored Vision!
Join us, and let's shine Joburg what we can achieve on Sunday 17th November at the Virgin Active 947 Ride Joburg.
Exciting benefits!

Join our Charity Team

ALL IT TAKES IS ONE POWERFUL SWIPE

Support Retina SA this Casual Day, September 6!!!! Buy your "I SEE YOU" personalised digital sticker for R50. 40% of the proceeds go to Retina SA and the balance goes to other disability organisations.
Show your support for people with vision loss. Get your sticker digital!

Get Your Digital Sticker

Competition
The person who sells the most digital stickers will be entered into the Save Our Sight Campaign draw for the next four months, where they stand a chance of winning R500 a month. If you are a member who has already purchased a ticket for the Save Our Sight Campaign, you will receive an extra entry into the draw.

RETINAL REALITIES PODCAST

Supported by Roche Products (Pty) Ltd

Episode 20

National Women's Month – A Woman of Substance – with Marisa Jurgens

Retina South Africa is led by a management committee of eight women who have dedicated themselves to raising awareness and transforming the lives of countless South Africans affected by retinal disorders. Among these inspiring women is Marisa Jurgens, the Deputy Chair of Retina South Africa, who lives with Cone Rod Dystrophy. Her life and achievements are a testament to her unwavering spirit. On National Women's Day, August 9th, we applaud Marisa Jurgens for her recent appointment to the World Health Organisation's advisory group on assistive technology. Marisa has been instrumental in advocating for the South African National Standard for Assistive Products, ensuring vital needs are impacted individuals. Listen to as we delve deeper into Marisa's journey, her advocacy work, and the incredible impact she continues to make in the lives of many.

Listen Here

CALENDAR

Sep 03 | Swing FOR SIGHT | Golf | Royal Johannesburg Club, Gauteng
Sep 06 | Low Vision Week | Conference | Protea Hotel, Gauteng
Sep 28 | Spin FOR SIGHT | Indoor Cycling | Virgin Active, Gauteng
Oct 06 | Bowls FOR SIGHT | Lawn Bowls | Edenvale Bowling Club,Gauteng
Nov 17 | Ride Joburg Charity Team | Cycling | 947 Stadium, Gauteng

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Tel: +27(11)462-1181 | Email: headoffice@retina.org.za
www.retinasa.org.za

Our mailing address is:
Retina South Africa
2nd Floor, Sam Cohen Square
Cnr Rivonia & Oxford Road
Wilbart, Germiston,
Gauteng, South Africa

wix.com/ws/ga