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Out of Sight

June 2026

Organisation News

Dear Readers

As we step into June and welcome the crisp winter months in South Africa, there's a special sense of warmth in our community that the chill can't touch.

This month we're especially proud to highlight one of our incredible members who's taking on the Camino walk in support of Retina South Africa. Her fundraising efforts are truly inspiring, and we encourage you all to show your support for this wonderful cause.

We also have an exciting preview inside of our upcoming Annual General Meeting and Members' Meeting, along with details of our Annual Golf Day in partnership with the Dis-Chem Foundation. These events are wonderful opportunities for us to connect, share, and strengthen our community.

Wishing you a peaceful and uplifting June.

Warm Regards,
Mariza Jurgens

Accessible Communications: Know Your Rights

The Independent Communications Authority of South Africa, commonly known as ICASA, is the regulator responsible for the communications sector, including television, radio and mobile services. One of its key initiatives is the Code for Persons with Disabilities Regulations 2021, which was developed in close consultation with the disability sector, including Retina South Africa.

Published in April 2021, the Code became effective in October 2022. It places legal obligations on broadcasters and mobile network operators to provide accessible services to persons with disabilities.

For visually impaired users, a particularly important requirement is audio description (an additional audio track that describes visual elements on screen, enabling viewers to follow the action and storyline).

Read more to learn about your rights, what service providers must do, and how to take action if they don't comply.

[READ MORE](#)



Carine Fraser, a member of Retina South Africa and founder of Adventures for Love, is preparing to complete the final 258km of the Camino Frances from the 12-28 June 2026.

What makes this journey especially inspiring is that Carine is navigating the Camino while living with vision loss herself, turning her personal challenges into a powerful act of hope, remembrance and fundraising for Retina South Africa.

The Camino de Santiago is one of the world's most recognised pilgrimage routes, attracting thousands of walkers every year. For many, it is a journey of reflection, perseverance and personal growth. For Carine, it is also an opportunity to create awareness about retinal conditions and support others affected by vision loss.

“Every step tells a story”, says Carine. “This journey is about remembering loved ones, embracing life's challenges and showing that vision loss doesn't define what is possible.”

Read more to learn how you can support Carine's journey and become part of her Camino story by purchasing a personalised

ribbon in honour of a loved one, with a message of encouragement or special dedication.

SUPPORT CARINE'S JOURNEY



Don't miss Professor John Marshall at our Members Meeting & AGM

Professor John Marshall is a towering figure in ophthalmology, a visionary whose groundbreaking work has transformed vision care for millions worldwide.

Retina South Africa first met Professor Marshall at the International Congress held in Helsinki in June 1984, and he has remained a loyal supporter and friend ever since. He served

as a key member of the organisation's first Scientific and Medical Advisory Board and was the first international researcher to visit South Africa through the Speakers Tour programme. This initiative played a significant role in establishing Retina South Africa's credibility within the South African ophthalmology community and raising awareness of retinal degeneration as a major cause of vision loss.

We are honoured to welcome Professor Marshall as the keynote speaker at our **Members Meeting & AGM on 25 July in Midrand**.

Read more about Professor Marshall's groundbreaking work and why you won't want to miss his keynote address.

[READ MORE](#)

Swing for Sight - A Day of Golf

An Opportunity to Make a Difference.

Join us on Spring Day, Tuesday **1 September 2026**, for the annual Dis-Chem Foundation & Retina South Africa Golf Day at the prestigious Royal Johannesburg Golf Club.

More than a golf day, this is a unique opportunity to connect with business leaders, decision-makers, sponsors and supporters who share a commitment to creating meaningful impact. Enjoy a premium day on the course while building valuable relationships in a relaxed and engaging environment.

Four-Balls are R12,000 and include golf, two carts, golf shirts, caps and premium goodie bags.

Companies can further increase their visibility through a Manned Hole Sponsorship (R10,000), providing direct engagement with golfers throughout the day.

To book a four-ball or secure a manned hole sponsorship, please contact events@retinasa.org.za

The experience concludes with an exclusive Prize-Giving Dinner, where networking continues beyond the fairways. Attendance is limited to 270 guests, creating an intimate and sought-after networking opportunity.

Why it matters

Every four-ball, sponsorship and guest helps Retina South Africa continue its work supporting individuals and families affected by retinal degenerative conditions that can lead to vision loss and blindness. Funds raised contribute towards education, awareness, support services, research initiatives and opportunities that empower people living with visual impairments to lead active, independent lives.

Play with purpose. Network with purpose. Help create a future where a cure is in sight for blindness.



Save Our Sight Campaign – Be the Reason Someone Sees Tomorrow

Every day, South Africans living with retinal conditions face the reality of losing their vision. But through Retina South Africa's Save Our Sight Campaign, there is hope.

This campaign supports vital research, advocacy, and patient support services, helping individuals and families navigate vision loss while working towards future treatments and cures.

Your contribution — big or small — helps:

- Fund critical research
- Provide support and information
- Build awareness about Retinal Degenerative conditions in South Africa

Contributors stand a chance to win R500 every month.

Congratulations to our recent winners - April winner Jill Flynn and May winner Pierre Fourie, who both generously donated their winnings back to Retina South Africa — a powerful reminder of the impact of this community.

By getting involved, you're not just donating — you're becoming part of a movement driving real change.

Join the Save Our Sight Campaign today and help protect the future of sight. Join here <https://retinasa.org.za/get-involved/save-our-sight-campaign/>

New on Retinal Realities Podcast: Stories Worth Hearing

EPISODE 33 – International Guide Dogs Day



In this episode of the Retinal Realities podcast (released for International Guide Dog Day), host Karen speaks to experienced traveller Mariza, who shares her real-life insights on flying both locally and internationally with her guide dog, Dottie.

From booking flights and paperwork to airport security, long-haul journeys, and international regulations, this episode unpacks the realities — the challenges, the preparation, and the rewards of travelling with a guide dog.

- Practical tips
- Honest experiences
- Local & International travel advice

Whether you're a guide dog user, planning future travel, or wanting to understand accessible travel better, this episode is for you.

Listen to the Full Episode

EPISODE 34 – Empowering Accessibility through Innovation – Umsizi App Reader

In this episode of the *Retinal Realities Podcast*, we speak with Ferdie Danzfuss—software developer, Retina South Africa member, and creator of the [Umsizi Reader app](#).



Ferdi shares his journey of living with Stargardt's disease and building a successful career in tech, offering practical insights for people with visual impairments pursuing education and employment.

We also explore the Umsizi Reader, an innovative, free app designed to improve accessibility in South Africa by supporting all 11 official languages.

This episode showcases how technology and innovation can break barriers and create more inclusive access to information.

Listen to the Full Episode

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Beyond the Drop: Nutritional Therapy for Dry Eye Disease

In today's high-tech, high-stress world, Dry Eye Disease (DED) is no longer an occasional nuisance, it is a daily clinical reality. With digital eye strain, environmental exposure, meibomian gland dysfunction, and systemic inflammatory triggers on the rise, optometrists are facing a surge of patients for whom artificial tears are not enough.



A New Approach: Support from Within

Nurture Vision Dry Eye: a uniquely formulated nutritional supplement proudly developed and manufactured in South Africa, to support the root causes of dry eye, rather than just masking the symptoms.

This once to twice daily capsule delivers targeted botanical and micronutrient support for the tear film, meibomian glands, and ocular surface, offering a complementary approach to in-practice therapies like lubricants, warm compresses, and punctal plugs.

Each capsule contains a scientifically selected blend of ingredients designed to combat inflammation, improve tear quality, and nourish ocular tissues. This includes Euphrasia (Eyebright), traditionally used to support ocular inflammation, and bilberry extract (*Vaccinium myrtillus*), which helps enhance microvascular integrity and reduce oxidative stress. Sunflower lecithin supports meibomian gland lipid production, while a combination of vitamins A, C, D, E and K promotes epithelial healing and strengthens immune function. Essential minerals such as zinc, selenium and copper play a key role in antioxidant defence and tissue repair, and B-vitamins support nerve signalling and overall metabolic function in the eyes.

The result? A supplement that goes beyond lubrication — one that targets the systemic inflammatory and nutritional deficiencies associated with chronic dry eye.

Who Should Be on Nurture Dry Eye?

- Screen-heavy patients with digital eye strain
- Contact lens wearers reporting dryness and irritation
- Menopausal women or patients with hormonal dry eye
- Autoimmune or Sjögren's Syndrome patients
- Patients using antihistamines, antidepressants, or diuretics

Available Now

For more info on our full product range, wholesale pricing and retail pricing please reach out to: enquiries@nurturevision.co.za

You can also visit nurturevision.co.za for more information.

UPCOMING EVENTS

Events Calendar

25 July 2026 - Annual General Meeting - Midrand

1 Sept 2026 - Swing for Sight - Royal Johannesburg Golf Club

Retina SA Disclaimer

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