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Out of Sight

May 2026

Organisation News

Dear Readers

As winter approaches, we're delighted to bring you the latest edition of Out of Sight newsletter, packed with stories, updates, and ways to get involved.

First, mark your calendars! On Saturday 30 May, we're hosting our [Padel for Sight](#) event at Kempton Park. Whether you join with colleagues, family or friends, it's the perfect chance to enjoy a beautiful day on the courts while raising vital funds for Retina South Africa. And yes one lucky team could walk away with R25,000! Spots are filling up fast, so book your spot today.

We're also encouraged by the strong sense of community at our recent Members' Meeting in Cape Town, where members, families and professionals came together to connect, share

experiences and explore the latest developments in research and assistive technology.

Thank you for being part of our community. Your support truly keeps us moving forward.

Warm Regards,
Mariza Jurgens

Artificial Intelligence: Opening Doors for Visually Impaired Professionals

Imagine receiving a 50-page report full of tables and charts that your screen reader just can't navigate properly. A few years ago, that document might have stayed out of reach. Today, AI changes everything.

Upload the PDF to tools like ChatGPT, Claude, or Gemini, and you can ask it to summarize the key points, pull out specific data from tables, or answer questions about any section. What used to be inaccessible suddenly becomes fully usable. No more struggling with poorly formatted tables or images that screen readers skip over.

Discover how AI can
help

Orientation and Mobility Training

Orientation and mobility training teaches people with vision loss how to move around safely and confidently on their own.

Orientation means understanding where you are in space and figuring out how to get where you want to go. Mobility is the skill of actually moving safely through that space.

Why do you need it? When vision gets worse, especially later in life, you suddenly can't rely on your eyes to spot steps, traffic, or obstacles. Training gives you new tools and skills so you can stay independent instead of feeling stuck at home.

[Read more about how the training works](#)

Retina SA Shines at OSSA Congress in Cape Town

This April, the Ophthalmological Society of South Africa (OSSA) held its congress at the Cape Town International Convention Centre. Retina South Africa took part with a dedicated booth, where we connected directly with ophthalmologists and shared vital information on retinal diseases and patient support.

On the affiliated program Mr Manny Moodley presented on Digital referrals to Retina SA; showing attendees exactly how to link patients to the right care and resources. Ms Claudette Medefindt gave an update of the progress and scope of imminent treatments and the impact of support for families

living with rare inherited conditions. Karen Denton gave a spirited talk on Diabetes related vision loss.

It was a strong platform to bridge clinical practice with real-world patient needs. Great work keeping genetic retinal conditions front and centre!



Members Meeting - Cape Town

The Retina South Africa Members' Meeting was held on 25 April 2026 at the Rondebosch Sports Club in Cape Town. The event was well attended, with more than 60 members, supporters, and guests present, creating a lively and supportive atmosphere for sharing information and strengthening the Retina SA community.

The meeting provided an opportunity for members affected by retinal conditions, their families, and professionals to connect, exchange experiences, and learn about developments in retinal research, healthy living, and useful apps to make life easier.

Exhibitors added practical value to the event. Jenny Webster demonstrated the PerchPad (a device designed to assist people with visual impairment to use devices and to read more easily), while the SOS representatives shared information about safety/response services and resources available in Retina SA.

Our guest speakers addressed the audience, each bringing unique expertise and perspectives:

- Dr Lisa Roberts spoke about current clinical developments genetic research into inherited retinal diseases.



- Claudette Medefindt and Grant Medefindt shared the exciting, and most promising research programmes currently under way.

- Karen Denton highlighted how a healthy lifestyle can protect our vision.



- Manny Moodley discussed different apps (BeMyEyes and the Umsizi Reader) that help to make daily life for people with



visual impairment so much easier. He also highlighted how Retina SA functions to assist people with impaired vision.

- Grant Medefindt gave an inspiring talk on his life and how he navigated visual impairment while building a successful business in a sight dependent field.

The meeting concluded with informal networking, allowing attendees to engage directly with speakers, exhibitors, and fellow members. The strong attendance and active participation reflected the growing interest in retinal health awareness and the important role played by Retina SA in supporting people affected by retinal vision loss.

Overall, the Cape Town members' meeting was a successful and inspiring gathering, reinforcing Retina SA's mission to provide information, support, and hope to those living with retinal conditions across South Africa.

FUNDRAISING EVENTS

**Padel for Sight - Play for a Purpose - 30
May 2026**



Where teams connect - and impact is made visible

Join Padel for Sight at Kempton Park Golf Club from 13h00 for a purpose-driven experience that brings together corporates, professionals and communities in support of vision health and inclusive sport.

Corporate Team (4 players): R2,600

Team of 2: R1,250 (Includes a meal + a drink)

This is more than a day on the court - it's an opportunity to align your team with a meaningful cause, strengthen relationships and contribute to Retina South Africa's work in supporting individuals affected by vision loss.

One winning team will walk away with **R25,000!**

Limited courts available

Secure your team. Show your impact.

[TICKETS](#)

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Padel for Sight is proud to be affiliated with the South African Padel Association (SAPA)

RETINAL REALITIES PODCASTS

EPISODE 31 – WORLD OPTOMETRY DAY – HOW OPTOMETRISTS FIT INTO EYE CARE – with Harry Rosen CEO– South African Optometric Association (SAOA)



This episode features a discussion with Harry Rosen, CEO of the South African Optometric Association, focusing on how optometrists operate within South Africa's eye-care system.

The conversation covers their scope of practice, regulated equipment standards, and how referral pathways work when more complex retinal conditions are suspected.

It also explores optometry in public and private sectors, general screening processes, the use of ready-made readers, community outreach, World Optometry Week, rising myopia in children, and the role of the SAOA.

[Listen to the Episode](#)

EPISODE 32 – WORLD HEALTH DAY – with Manny, Victoria and Lindiwe

In this World Health Day episode of *Retinal Realities*, Retina South Africa explores the link between healthy living, overall wellbeing and eye health.



Host Karen, joined by Manny, Victoria and Lindiwe, discusses the impact of lifestyle diseases and shares practical tips.

— from regular eye tests to nutrition and UV protection — showing how everyday choices can help protect our vision and support a healthier future.

This episode reminds us that **every choice we make, every day, shapes our future health** — including our sight.

Listen to the Full
Episode

ADVERTISEMENT



The Power of Nutrition for Better Vision

With increasing interest in how nutrition supports eye health, we are excited to highlight the Nurture Vision supplement range. Locally manufactured in South Africa, each product is carefully formulated to support key areas of visual wellness—making it easier to incorporate eye care into your daily routine.

Protecting the Macula: Eye Health (Triple Carotenoid)

The macula relies on three key pigments—**lutein, zeaxanthin, and**



meso-zeaxanthin—to protect and support clear vision.

Our Eye Health formula:

- Provides all three carotenoids in balanced ratios
- Helps filter harmful blue light
- Supports visual performance and contrast sensitivity

Ideal for screen users, ageing eyes, or anyone looking to protect long-term vision.

All Nurture Vision supplements are locally manufactured, ensuring quality and accessibility.

The Nurture Vision Team

[Learn more about the benefits](#)

UPCOMING FUNDRAISING EVENTS

Events Calendar

30 May 2026 - [Padel for Sight](#), Play for A Purpose - Kempton Park

1 Sept 2026 - [Swing for Sight](#) - Royal Johannesburg Golf Club

Retina SA Disclaimer

Information disseminated by Retina South Africa is for information purposes only. Readers must discuss any intervention with their Eye Care Practitioner. Information in this Out of Sight Newsletter does not imply that Retina South Africa endorses any particular therapy, intervention or medication. Retina South Africa assumes no responsibility for the use made of any information provided in this newsletter.

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