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OUT OF SIGHT

SEPTEMBER 2026



Dear Members and Friends,

Welcome to the September edition of Out of Sight. This is one of the most meaningful months on our calendar, and this issue reflects that energy.

We begin with a question many of you ask privately and rarely hear answered clearly: can you still drive with low vision in South Africa? In this edition we look at what is legally possible, what the practical realities are, and where independence on the road still exists for people living with retinal conditions. The aim is not false hope, it is honest information, so you can plan your life with facts, not assumptions.

September also marks the start of something new. For the first time, Retina South Africa is running a [Living Well with Vision Loss](#) digital workshop series; a first-of-its-kind “school” of practical living, running through September, October and November. It begins in World Retina Week (20–27 September) and continues through Eye Care Awareness Month and into Disability Rights Awareness Month in November. These sessions are designed to help people move from diagnosis to daily life with more confidence, knowledge and connection.

Spaces are limited, so please register for the sessions that matter most to you.

While we celebrate awareness weeks and Disability Month, we also need everyday support that lasts all year. Woolworths has replaced MySchool with its new [MyDifference](#) programme. If you already supported Retina South Africa through MySchool, please migrate now and choose us again as your preferred charity. It costs you nothing extra and every shop helps fund research, counselling, advocacy and member support.

Finally, a warm thank you.

On 1 September, the Dis-Chem Foundation Swing for Sight Golf Day took place at Royal Johannesburg Golf Club. It was a wonderful, successful day; golf, padel, community and purpose in one. To every player, sponsor, volunteer, para-athlete and guest who showed up: thank you. You made it a day worth remembering.

Stay tuned for the October edition of Out of Sight for highlights from the Dis-Chem Foundation Swing for Sight.

Thank you for reading, for sharing, and for walking this road with us.

Warm regards
Mariza Jurgens
The Editor

Driving with Low Vision in South Africa

When It's Possible, What's Legal and When It's Time to Stop

Living with progressive vision loss raises difficult questions about independence, especially when it comes to driving. For many people with retinal conditions and other degenerative sight-loss diagnoses, the prospect of giving up the car keys feels like a major loss of freedom. Here's a practical overview of the rules, assistive options, and realistic alternatives in South Africa.

The Legal Vision Standards

South Africa's National Road Traffic Act sets clear minimums for a light motor vehicle licence. You need **6/12 visual acuity** in each eye, or **6/9 in your better eye** if one is weaker. Your visual field must be at least 70 degrees temporal in each eye, or a total horizontal field of 115 degrees if one eye is weaker. These are measured with or without your usual glasses.

There is no fixed timeline for how long someone can continue driving. It depends entirely on how the condition progresses and whether the person still meets the legal standards. Regular assessments with a low-vision specialist are essential.

But meeting the standards is only half the story - for many people, staying within it comes down to a small piece of technology most drivers have never heard of.

Read more [HERE](#) about Assistive Devices and Driving Telescopes.

Volunteer of the Year Citation - Dalya Vosloo-Sacks

It is with great pleasure that Retina South Africa presents the 2026 Volunteer of the Year Award to Dalya Vosloo-Sacks, in recognition of her exceptional commitment, unwavering generosity and outstanding contribution to our organisation over the past five years



A driving force behind Swing for Sight

Since the inception of the Dis-Chem Foundation and Retina South Africa's annual Swing for Sight Golf Day, Dalya has been an integral part of its success. What began as a fundraising event in 2022 has grown into one of Retina South Africa's flagship initiatives, raising in excess of R1.2 million to support people living with retinal degenerative conditions. Behind that success is someone who has consistently chosen to serve with humility, professionalism and heart.

A personal connection, turned into action

Dalya's connection to Retina South Africa is deeply personal. Having a niece affected by a retinal condition, she understands the life-changing impact of vision loss and has transformed that

personal connection into meaningful action. She has generously dedicated her time, expertise and influence, never expecting recognition or anything in return.

[Continue Reading](#)

REMINDER - E - WORKSHOP SERIES - LIVING WELL WITH RETINAL VISION LOSS

Don't miss your spot in our eight-session Zoom course, running from 22 September to 10 November 2026.

Sessions are filling up fast, and some are already fully booked. If you'd like to attend, we encourage you to register as soon as possible.

If a session is full, you'll be added to a waiting list — should a space open up, we'll contact you directly.

Visit our website at <https://tinyurl.com/E-Workshop-Series> to register and for more details about the different sessions.

The advertisement features a tropical beach scene at sunset with palm trees, lounge chairs, and a sailboat. The Retina South Africa logo is in the top left. The main title 'ZANZIBAR ESCAPE' is in large, bold letters. Below it, text describes the prize: a 7-night stay for two at the Michamvi Sunset Bay Resort, including return flights. A 'BUY YOUR TICKETS' button is prominent. A row of icons lists the inclusions: return flights, 7 nights luxury accommodation, 2 people sharing, daily breakfast, three-course dinner every night, and beachfront paradise. A large box on the right states the grand prize value is R75,000. At the bottom, a banner reads 'EVERY TICKET HELPS fight BLINDNESS AND BRINGS HOPE.' and mentions the sponsor, Michamvi Sunset Bay, along with the website www.retinasa.org.za.

RETINA SOUTH AFRICA
a Cure in Sight for Blindness

Your dream
ZANZIBAR ESCAPE

Wake up in paradise for seven unforgettable nights.

Stand a chance to win a 7-night stay for two at the **Michamvi Sunset Bay Resort**, including return flights.

BUY YOUR TICKETS

RETURN FLIGHTS INCLUDED | 7 NIGHTS LUXURY ACCOMMODATION | 2 PEOPLE SHARING | DAILY BREAKFAST | THREE-COURSE DINNER EVERY NIGHT | BEACHFRONT PARADISE

Grand prize value
R75,000

♥ EVERY TICKET HELPS *fight* BLINDNESS AND BRINGS HOPE.

Proudly sponsored by: *Michamvi* Sunset Bay | www.retinasa.org.za

Become a Champion for Sight

[Help change lives while giving someone the chance to win a dream holiday.](#)

Retina South Africa is looking for passionate volunteers to join our **Champions for Sight** community by helping share our **2026/27 Zanzibar Raffle**. Every **R100** ticket sold helps fund vital support, advocacy and services for people living with inherited retinal conditions and vision loss.

Zanzibar Raffle

- **Prize:** A 7-night holiday for two to Zanzibar, including flights
- **Tickets:** R100 each
- **Campaign:** 1 August 2026 – 20 February 2027
- **Draw:** 20 February 2027

Why Join Champion for Sight?

- ❤️ Help transform lives through your support.
- 🏆 No fundraising experience is needed – we'll provide everything you need.
- 🎟️ Share an incredible prize while raising vital funds.
- 🏆 Strive to become our **2026/27 Zanzibar Fundraising Champion** and receive a special prize, plus recognition in Retina South Africa's newsletter and on social media.

Will you join us?

Together, we can make this our most successful Zanzibar Raffle yet and help create a brighter future for people living with vision loss.

Become a Champion for Sight today.

To get started, contact:

- Natley: headoffice@retinasa.org.za
- Kaithlin: PAevents@retinasa.org.za

Ride Joburg - 2026



RIDE JOBURG
EST.1997

RIDE FOR A PURPOSE

CYCLOTHON

RETINA SOUTH AFRICA
a Cure in Sight for Blindness

22 November '26 | Kyalami Grand Prix Circuit

Make a difference while taking on Johannesburg's biggest cycling event!

Challenge yourself, join the team and make a difference! Retina South Africa is calling on passionate cyclists to join our team for Ride Joburg on 22 November 2026.

Whether you're an experienced cyclist or simply looking for a new challenge, you can take part in this exciting event while supporting a cause that makes a real difference. By joining the Retina South Africa team, you'll help raise vital funds for support services, advocacy initiatives, and programmes for people living with inherited retinal conditions and vision loss.

Join the Ride!

Date: 22 November 2026

Team Code: RET97

Fundraising Minimum: R2,500, which includes the R500 sign-up donation

Join our charity team by: **21 October 2026**

Benefits of Being A Part of Team Retina SA

- ✓ Dedicated team start
- ✓ Official Retina SA cycling shirt
- ✓ Exclusive Team Retina SA cycling socks
- ✓ Rider welcome gift bag
- ✓ Race pack collection on your behalf
- ✓ Exclusive access to our VIP post-race hospitality

Will You Join Us?

In 2025, the Retina South Africa Ride Joburg team raised almost R50,000 — and this year, we want to go even further!

Get on your bike, take on the challenge and help us build an even stronger team. Your participation will not only give you the opportunity to take on an exciting cycling challenge, but also help create a brighter future for people living with vision loss. Register Today!

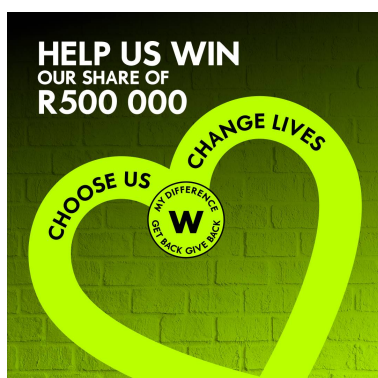
Join the Retina South Africa charity team when you register for Ride Joburg and use code RET97.

For more information, contact:

Kaithlin: PAevents@retinasa.org.za

Thank you for choosing to ride with Retina South Africa and helping us make a difference!

Choose Retina South Africa on Woolworths My Difference



We need your help — and it costs you nothing!

Retina South Africa has just joined the Woolworths MyDifference campaign, and we're aiming to reach 250

supporters before the competition closes.

Every supporter who selects us as their cause helps us qualify for a share of R500,000 — and if we become the beneficiary with the most supporters, we stand to win the R100,000 Grand Prize.

It takes two minutes to join us:

1. Download the Woolworths App from your App Store or Google Play
2. Sign in or create your Woolworths account
3. Activate your virtual MyDifference card
4. Search for "Retina South Africa" and select us as your cause
5. Shop as usual — in-store or online — and scan your virtual card at checkout

That's it — every swipe from here on helps fund our work, at no extra cost to you.

The competition closes 30 September 2026, so please don't wait — and share this with friends and family who shop at Woolworths too. The more supporters we have, the bigger our chance of winning for our cause.

Save Our Sight Winners



Congratulations to our Save Our Sight Winners:

July winner: Talia Loubser

August winner: Esme de Beer

The Save Our Sight Campaign is a national initiative focused on raising awareness, supporting individuals with vision loss, and funding research into life-changing treatments.

This is more than a fundraising campaign – it is a movement centred on:

- Education and awareness
- Community support and connection
- Breaking stigma around vision loss
- Advancing research and innovation

How to take part:

Retina SA Members who pay their annual membership fee of R240 are automatically included in the campaign – and stand a chance each month to win R500 in our draw, as our way of saying thank you for your support.

Pay annual membership fee [HERE](#)

General Public – the general public can take part by donating R250 per year towards the Save Our Sight Campaign and will also be eligible for the monthly R500 draw.

Donate R250 per year [HERE](#)

ADVERTISEMENT



Nurture Vision Triple Carotenoid: Advanced Nutritional Support for Macular and Retinal Health

Protect Your Eyes from Digital Strain and Aging

- Clinically proven carotenoid blend
- Protects from harmful blue light oxidation
- Protects against age-related decline
- Enhances visual clarity and comfort

What makes Nurture Vision Eye Health so effective

Experience clearer, more comfortable vision with our powerful blend of lutein, zeaxanthin, and meso-zeaxanthin clinically

proven carotenoids designed to protect your eyes from harmful blue light oxidation and age-related decline. Take charge of your vision health today and safeguard the clarity you deserve.

Ingredient Benefits

Lutein, Zeaxanthin, Meso-Zeaxanthin

- Protects from harmful blue light oxidation
- Support sharper visual detail
- Help prevent oxidative stress on the macula

Marigold Extract Source

- A natural source of powerful carotenoids
- Clinically studied for vision support

Functional Benefits

- Enhanced visual comfort in screen-heavy environments
- Support for aging eyes and long-term retinal health
- Helps reduce eye fatigue from artificial lighting

Who is Eye Health with Marigold for?

- Professionals - Long hours at the computer
- Students - Extended study sessions
- Seniors- Age-related vision support
- Gamers - Intense screen time

Whether you're staring at a laptop all day, struggling with night driving, or simply thinking ahead about your eye health. Eye Health by Nurture Vision gives your eyes what they need to stay strong and focused.

UPCOMING EVENTS

Events Calendar

21 February 2027 - Dis-Chem Ride for Sight

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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Tel: +(27) 114501181 | Share Call: 0860 59 59 59

WhatsApp: +27 820747116

Email: headoffice@retinasa.org.za

www.retinasa.org.za

Our mailing address is:

Retina South Africa
2nd Floor, Sami-G Office Square
80 Greenvale Road
Wilbart, Germiston,
Gauteng, South Africa

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