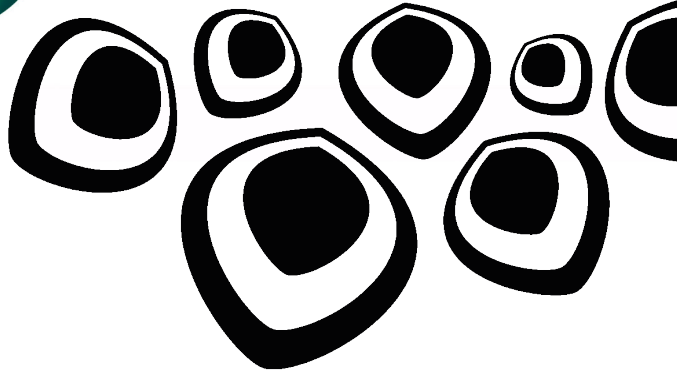




The Peacock

quarterly newsletter



Friends of
Moorfields
Eye Hospital





**Friends of
Moorfields
Eye Hospital**



Are you feeling anxious about your up-coming procedure under local anaesthetic? Would you like to be supported? A Volunteer might be available to accompany you during the operation.

Please enquire with the nurse during your assessment or call Natalia on 02072511240 or email n.tomashpolskaya@nhs.uk

PROJECT FUNDED BY
helpforce



Goodbye and Good Luck to Caroline!

The New Year started with both sad and happy news – Our Volunteer Support Officer Caroline Zihler will be leaving Friends of Moorfields in the next few weeks. However the good news is that she is going to remain part of the Moorfields family as she has been offered the job of 'Clinic Supervisor' at Moorfields Potters Bar. This is a fantastic opportunity for Caroline personally and we all agree she will be ideal for this role!



Caroline has done an amazing job for us over the past 2½ years, both helping to support the volunteer programme at City Road; and very importantly leading on the significant increase in the number of volunteers at some of the key network sites. She has been a fantastic member of the team and will be greatly missed. We all wish her every success in her future career.



Celebrating 5 years of Moorfields at Croydon University Hospital.

In November we joined staff and volunteers to celebrate 5 years of Moorfields in Croydon.

Eleni Nikita, Consultant Ophthalmologist based at Moorfields Croydon presented some of the successes of this site over the past five years, and also talked about an exciting new development:



From Tuesday 1st of October 2019 a new integrated ophthalmic service went live in Croydon.

Moorfields Eye Hospital (MEH) at Croydon has been commissioned to be the sole provider of ophthalmic care in the Croydon area. MEH at Croydon are sub-contracting the community services to a group of optometric practices called Complete Ophthalmic Services (COS). This newly commissioned service has led to some very positive and important outcomes.

Firstly the walk-in emergency service has been transformed into a Rapid Eye Access clinic. All adults and children that have a sight/life threatening condition are referred via a **dedicated** email address and via a dedicated referral form. These are then

specific appointments rather than coming randomly as walk ins. This has decreased false positive emergencies by 40%.

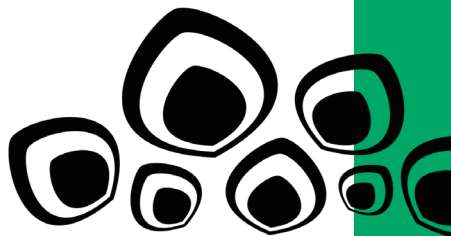
Minor eye conditions are now treated in the community by COS optometrists and not in the eye emergency centre. This has increased the capacity of the emergency services significantly.

Another key change to ophthalmology services in Croydon is that all routine referrals now come through a single point of access, where a clinician will review the referral and direct to the most appropriate service; advice and guidance back to the referrer, community optometry, or specialist hospital services. This will ensure all patients are seen in the right place, first time, avoiding unnecessary hospital visits

The next element of the new service which went live on the 6th of January is the community cataract pathways. This directs all uncomplicated postoperative cataract patients back to the community for assessment. In the future the community cataract pathway will extend further , including listing of cataract surgery by the community optometrists. The whole process is electronic.

Moorfields at Croydon was also the first site to start low vision assessment follow up clinics remotely, over the phone, rather than face to face. This will reduce an 8 month waiting list for 1st appointment, down to less than 6 months, without impact on quality of care of existing patients.

Over the past year we have worked hard to recruit and train a team of volunteers at Croydon, working alongside the Eye Clinic Liaison Officer to provide support to all patients.



Friends AGM and Annual Report

On Thursday 21st November Friends hosted their Annual General Meeting at St Luke's Community Centre.

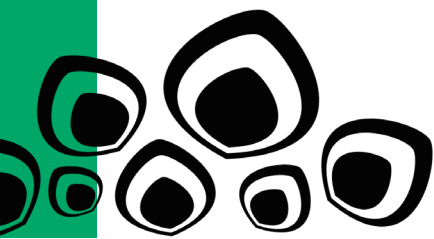
Dr Mariya Moosajee
Consultant Ophthalmologist
and Associate Professor, UCL
Institute of Ophthalmology,
Moorfields Eye Hospital
and Great Ormond Street
Hospital for Children
opened the meeting with
a presentation about "DNA
and research into inherited
diseases"



Friends Chairman Virginia Salter then looked back over the past year and highlighted some of our successes and achievements, such as our innovative 'hand holding' project and the significant increase in the number of volunteers supporting patients at various network sites.

Treasurer Kevin Custis presented our Annual Report and Accounts, which are available to download from Friends website: www.friendsofmoorfields.org.uk

Friends CEO Angela Smith then looked ahead to the next 12 months and explained how we would look to deliver our strategic objectives in the coming year.



Bid on your next holiday!



Auction ends Feb 28th

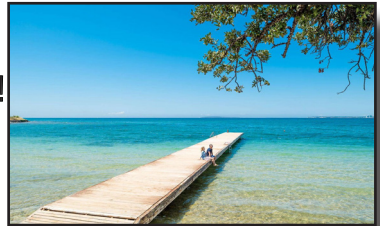


Friends of Moorfields is auctioning a one week holiday to Turkey which has kindly been donated to us. Please visit www.32auctions.com/friendsofmoorfields for more information and to place your bid. Good luck!

Enjoy a one week, (Saturday to Saturday) holiday on Turkey's beautiful Aegean coast!

2 Stunning locations to choose from!

- Apollonium Spa & Beach resort or
- Kusadasi Golf & Spa



WHATS INCLUDED

- A 2 bedroom apartment capable of sleeping 6 people. There is a bedsettee for persons 5 and 6. The apartment has good self-catering facilities.
- There will be free activities and entertainment on the site.
- There is an option to purchase an all-inclusive package at a 10% discount.

WHATS NOT INCLUDED

- Travel to Turkey
- Transfers to and from the airport.
- Spending money



***All proceeds will be donated to Friends of Moorfields**

Fellowship Programme at Moorfields - Interview with Carlos Pavesio

Carlos Pavesio is the newly appointed Director of Fellows at Moorfields and he came to talk to Friends about the role of Fellows.

"I have been a Consultant at Moorfields since 1995 working in Medical Retina and Uveitis. Prior to that, between 1991 and 1995 I was a Fellow myself.

The Fellowship is a specialised training position, after Doctors complete their regular residency programme they have the option to join a specialty in which they develop their skills to become an expert in that field. Fellowships are very common all over the world. They are very famous in the USA, and in the UK Moorfields particularly is a leading centre for Fellowships. Moorfields attract people from all over the world.



Fellows come to us for training because they get the benefit of the exposure to a large number of patients; they have the benefit of the expertise of the clinical body here; and they leave ready to practice in their speciality wherever they go. The Fellowship means a new level of training which allows

Doctors to really develop their skills to the maximum possible within a certain area of knowledge.

Fellowships are for a variable term. Most of the Fellowships are for one year, with the potential for an extension to a second year. We are trying to attract the best candidates and the better the Fellowship the better the candidates, so we really want to make sure Moorfields remains a desirable place to come.

To continue to attract the best candidates I will be working with colleagues at Moorfields to enhance the overall experience of Fellows both by guaranteeing the training remains at the highest level and also by making the experience enjoyable at all levels. With that in mind we are about to provide them with a physical space where they can meet each other, both for work and socially.

Moorfields ultimately is looking to turn the experience into a proper alumni group. This is something we are hoping to improve on, to allow and support these groups to keep in touch with us and keep in touch amongst themselves; to continue to share their experiences as they move on into different roles. I want them to feel that after they leave they can still be part of this great Moorfields community.

The Fellows experience at Moorfields depends on them having a great time, not only because of the learning but because they are enjoying the environment.



Patient Story - why Funmi supports Friends of Moorfields

"My first appointment at Moorfields in October 2012 lasted about three and a half hours, where I was thoroughly examined. My eye pressure was unusually high for someone my age and it was decided I needed laser treatment to both eyes to immediately reduce the pressure. This was scheduled and conducted the same month. And thereafter the good news....that I'll be a regular lifetime visitor to Moorfields!



Since then, I attend Moorfields twice a year with each appointment lasting no less than an hour and consisting of 5 main tests: 'Optic Nerve Head Imaging' - scanning of the nerve at the back of my eyes; 'Visual Field test' (I hate this one!); 'Goldmann Applanation Tonometry' - eye pressure measurement; 'Visual Acuity Test' - reading the letters; 'Dilated Fundus Examination' - looking at the back of the eyes through a dilated pupil. Occasionally I have a couple of extra tests - 'Gonioscopy' to check the drainage channel and 'Central Corneal Thickness Measurement'.

My first laser treatment lasted 3 years, I had a second one in December 2015 and this has been working for the last three and a half years...and counting! I will



still be able to have one more laser treatment when, or if it is required!

When I look back at my journey however, my heart is filled with nothing but gratitude to God, but also to the Moorfields LiGHT (Laser in Glaucoma and Ocular Hypertension) team who always gave me excellent care and reassurance. It's no surprise to me that the Care Quality Commission rated Moorfields as outstanding for being a caring hospital in their latest report in March 2019."

As a thank you for all the treatment she has received at Moorfields, Funmi took on the Thamse Path Challenge for Friends of Moorfields and raised an amazing £825.00!



Flower Power

If you have a disability that may not be immediately obvious but would appreciate support from staff in airports or supermarkets, then you may be interested to know there is a lanyard you can wear to signal this.



The lanyard, which is entirely voluntary for people with hidden disabilities and their families, acts as a discreet sign for staff that additional support or help may be required.

The lanyard is sometimes known as the “sunflower lanyard” because of its appearance – a strip of green with a pattern of sunflowers. Once you get one, it is yours to keep and use for future travels or shopping trips where the scheme is recognised.

TRAVELLING AT AIRPORTS

In 2016, Gatwick launched the first-of-its-kind lanyard for passengers with hidden disabilities who may require additional support when travelling through the airport.

For instance, by wearing the lanyard at Gatwick or other major UK airports, you could receive support with:

- Getting more time to prepare at check-in and security
- Getting a more comprehensive briefing on what to expect as you travel through the airport
- Staff assisting with reading a departure board or sign.

SHOPPING AT SUPERMARKETS

The lanyard is being trialled by two major supermarkets. Sainsbury's is running an extended trial at 38 branches following a successful test at its Barnstaple store, while Tesco is running a trial in 15 of its Hertfordshire stores.

HOW TO GET A LAYNYARD

If you're due to fly from a major UK airport, you should be able to ask for a lanyard from an airport assistance desk, or order it in advance, depending on your chosen airport. Find out more about the best way of getting the lanyard by contacting the airport before you travel.

And if you happen to shop in any of the Sainsbury's or Tesco stores running the trial, you can request the lanyard at the customer service desk of larger stores or the checkout at smaller ones.

This initiative is being supported by RNIB and other charities including Alzheimer's Society, The National Autistic Society and Action on Hearing Loss.



Thank You!

A MASSIVE thank you to our Volunteer Support Officer, Liam Bays, who ran the Bournemouth Half Marathon and raised £510.00 for Friends! Liam started working for Friends late May 2019. From being in this role, he quickly learned that living with visual impairment can make daily living very difficult. "It can be daunting, distressing and difficult especially in situations where an individual is unaccustomed to their surroundings. This however is where I see our organisation making a difference for those with visual impairment. From our extremely helpful volunteers, to our funding of resources and medical equipment, Friends of Moorfields aims to ensure that every patient that comes through the door is supported and their experience is the best it can be."



We would also like to thank Lesley Mulholland, who has continually supported the Friends over the years by making beautiful handmade cards for sale in the shop! Lesley sends in a continual supply all year round, for all occasions!



DRAW MADE BY
Virginia
Chairman, Friends of Moorfields



The next draw takes place at the end of February 2020, so newcomers please send in your applications. The annual fee (covering entry to four quarterly draws) is £20.00, of which 50% goes to funds and the remainder to the prize pot.

The Peacock Lottery is a fundraiser and is entirely separate from membership of the Friends itself. You can be part of either!



PRIZE WINNERS: DECEMBER 2019
AVAILABLE POT : £290.00

1ST PRIZE: token No 229
Sally Lloyd-Flude £174.00

2ND PRIZE: token No 225
Violet Paczkowska £72.50

3RD PRIZE: token No 268
Patricia Perry £43.50



I would like a **PEACOCK LOTTERY** lucky number please!

Name: _____

Address: _____ Postcode: _____

Tel: _____ Email: _____

☐ PLEASE TICK THIS BOX IF THIS IS A BRAND NEW APPLICATION OR

☐ PLEASE TICK THIS BOX IF YOU ARE RENEWING

Please send with your cheque for £20.00 (payable to Friends of Moorfields) to
Peacock Lottery, Friends of Moorfields, 162 City Road, London EC1V 2PD



Registered Charity 1161546

- The Friends of Moorfields Eye Hospital •
162 City Road , London EC1V 2PD

Phone: 020 7251 1240 • Email: moorfields.friends@nhs.net
www.friendsofmoorfields.org.uk



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**Friends of
Moorfields**
Eye Hospital