

## **Birdshot Day Exhibitors**

We are very pleased to welcome the following exhibitors:

### **Low Vision Services**

Mark Sturgess and Nick Collins who both run low vision clinics and as well as work for **Optima Low Vision UK**

<http://www.optimalowvision.co.uk/>

“Optima Low Vision Services Ltd are the premier distributor of low-vision aids in the UK. We supply a wide range of quality and value for money optical, electronic and lighting products to the majority of low-vision clinics, specialist optometrists, voluntary organisations for people with a visual impairment, Social Services Departments, and Education and Employment Services.”

### **Exhibitors for Self-help techniques**

We are delighted to welcome 3 practitioners who will explain to you how the techniques that they teach might help you with your sight and well-being.

#### **Lizzie May – Bates Practitioner**

The Bates method is an approach to improving eyesight. It uses simple eye exercises and relaxation techniques to aid visual acuity.

Lizzie May qualified as a Bates Teacher in 1998. She became interested in the Bates Method because she hated wearing glasses, and had a family history of glaucoma and cataracts going back 3 generations on the maternal side.

#### **Kevin Wooding – Alexander Technique**

The Alexander Technique is a method that works to change (movement) habits in our everyday activities. It is a simple and practical method for improving ease and freedom of movement, balance, support and coordination. The technique teaches the use of the appropriate amount of effort for a particular activity, giving you more energy for all your activities. It is not a series of treatments or exercises, but rather a re-education of the mind and body. The Alexander Technique is a method which helps a person discover a new balance in the body by releasing unnecessary tension. It can be applied to sitting, lying down, standing, walking, lifting, and other daily activities

## **Mikael Porath Petersen - Chiropractic**

Chiropractic is the art and science of releasing the body's natural healing ability by improving the efficiency of the nervous system. Chiropractors work on all the joints of the body, concentrating particularly on the spine.

Mikael combines chiropractic with Pilates and physiotherapy at his clinic, and he prescribes a range of exercises to work on at home.

## **Charities**

**We have small exhibitions from the following Charities, all of who have helped us publicise the day and been most supportive:-**

**Fight For Sight** <http://www.fightforsight.org.uk/home>

Dolores Conroy Research Officer

"Fight for Sight is the UK's leading charity dedicated to funding world-class research into the prevention and treatment of blindness and eye disease."

### **Genetic Disease Alliance (UK)**

<http://www.geneticalliance.org.uk/index.html> – Melissa Hillier

Assistant Director and Birdshot Day Speaker

Genetic Alliance UK seeks to improve the lives of people affected by genetic conditions by ensuring that high quality services and information are available to all who need them

### **Guide Dogs for the Blind**

<http://www.guidedogs.org.uk/>

Dave Kent Information Officer

"Guide Dogs for the Blind provide freedom to blind and partially sighted people. We also campaign for the rights of people with visual impairment, educate the public about eye care and fund eye disease research."

## **Macular Disease Society**

<http://www.maculardisease.org/>

Michelle Dutton who is MDS's Group & Community Support Development Manager - for the Northern Region of the UK

"The Macular Disease Society is a self-help society for those diagnosed with any of the eye conditions encompassed by the overall name of Macular Disease."

## **Uveitis Information Group**

<http://www.uveitis.net/uig/index.php>

Phil Hibbert – Chief Executive and Birdshot Day Speaker

Karen Wilkinson – Treasurer

Rea Mattocks – Chair

Annie Folkard – Charity Secretary

"Uveitis Information Group is a patient led charity, based in the UK, run by volunteers who suffer from uveitis. Backed by uveitis specialists from all over the world, we have strong links with other patient led organisations. Together, we lead the way in developing patient information for uveitis."

## **VISION 2020 UK**

<http://www.vision2020uk.org.uk/>

Mike Brace CBE – Chief Executive and Birdshot Day Speaker

"VISION 2020 UK is an umbrella organisation which facilitates greater collaboration and co-operation between organisations within the UK, which focus on vision impairment and operate on a national, regional or international basis."

## **Art Station**

Artist Jenny Wright and student Robert Wilkinson are running an art station where you will be able to draw what it is like looking through Birdshot eyes. We are hoping that everyone will have a go at depicting what they see or what they think people with Birdshot might see. The images produced will go towards what we hope will be an innovative way to raise awareness about Birdshot around the UK and the world. Please visit the Art Station and have a go. We hope it will give variety to the day!