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BAME Vision National Eye Health Week Webinars

BAME Vision, in collaboration with eye care & sight loss professionals and people with lived experience, are facilitating a series of informative workshops around this year's themes of National Eye Health Week. This year, National Eye Health Week runs from the 18th – 24th September 2023, and is open to everyone. There will be an opportunity to ask questions to our speakers at each of the webinars.

You can find the full schedule below. To register and receive the joining links for any of the sessions, please email info@bamevision.org

Webinar Schedule:

Webinar 1 - NHS Eye care and support

Date & Time: Tuesday 12th September 2023, 7-8:30pm

Content:

- The importance of regular eye tests, who's eligible for free tests and home visits
- Learn about the different eye care professionals
- Various pathways into eyecare, and much more

Webinar 2 - Myopia and me

Date & Time: Thursday 14th September 2023, 7-8:30pm

Content:

- What is myopia and who can develop it
- What the signs and symptoms are
- Looking at management options, and much more

Webinar 3 - Eye on Mental Health

Date & Time: Tuesday 19th September 2023, 7-8:30pm

Content:

- The link between sight loss and mental health
- Signs, symptoms and the grief stages of mental health illness

- coping strategies, mindfulness, support services available and much more

Webinar 4 - Live well, see well

Date & Time: Thursday 21st September 2023, 7-8:30pm

Content:

- The various lifestyle factors which may influence eye health and sight loss
- What eye conditions could develop due to poor lifestyle habits.
- And much more

Webinar 5 - Driving and Your Vision

Date & Time: Tuesday 26th September 2023, 7-8:30pm

Content:

- When it's okay to continue driving with sight loss, and when to stop
- Sharing up to date guidance
- The process of handing back your licence, and much more

Webinar 6 - Digital eyecare

Date & Time: Wednesday 27th September 2023, 7-8:30pm

Content:

- Does your screen usage/work affect your eyes?
- Screen diligence and workplace policies
- Dry eyes and eyedrops, and sharing best usage techniques, including for vision impaired people, and much more